BASEBALL LOSS: Hall of Fame outfielder Kirby Puckett dies at 44 | **Page 15**

express

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Tuesday

CHARLES DHARAPAK/AP

Gov. Mike Rounds signed the ban into law.

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ENTERTAINMENT

Case Open: *Neko Case* flies solo with a literary new album. Also, Robocop Kraus; Web 'mash-ups.'

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Weather >> Mostly Sunny

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fit Stay healthy, look good. >> INSIDE

STAN HONDA/AFP/GETTY IMAGES

Sept. 11 Families Seek Justice

REMEMBERED: Barbara Kirwin stands at the Manhattan federal courthouse on Monday with a photo of her son, Glenn Kirwin, who died in the Sept. 11, 2001, attack on the World Trade Center. Victims' relatives gathered at courts in several cities to watch as a sentencing trial began for Zacarias Moussaoui, the only man charged in the U.S. in connection with the attacks. ✣ **Penalty:** Life or death? | **Page 5**

Campus Recruiting Is Upheld

Court rules colleges can't bar military over policy on gays

WASHINGTON | The Supreme Court ruled unanimously Monday that the government can force colleges to open their campuses to military recruiters despite university objections to the Pentagon's "don't ask, don't tell" policy on gays.

Justices rejected a free-speech challenge from law schools and professors who claimed they should not have to associate with military recruiters or promote their campus appearances. The decision was a setback for universities that had become the latest battleground over the military policy allowing gay men and women to serve only if they keep their sexual orientation to themselves.

Justices seemed swayed by the Bush administration's arguments that after the terrorist attacks, and during the war in Iraq, the government had a responsibility to bolster its recruitment.

The 8-0 decision upheld a federal law that says universities must give the military the same access as other recruiters or forfeit federal money. Justices ruled even more broadly, saying Congress could demand military access on campus without linking the requirement to federal money. GINA HOLLAND (AP)

CURRENCY | **Moving Money** On March 15, Sweden will become the first country in the world with moving images on its currency, the Local reported. The new 1,000 kroner notes will look fairly similar to the old ones, but will have new security features to combat counterfeiting — including a moving picture. On the note, a striped band appears to move when the bill is tilted. It and the 50 kroner note will also have foil strips and a transparent picture. (EXPRESS) **EyeOpeners** | **Page 2**

eyeOpeners

AUCTIONS

Blackmail Material: Going Once, Twice ...

About 77,000 files of patient medical history records were sold by a Vancouver hospital at a public government auction, the Canadian Press reported. A man bought the 41 tapes, which he said he assumed were blank, to re-sell them, but quickly realized that they were filled with the personal information. "The release of this very sensitive private information is completely inappropriate and completely unacceptable. There's no excuse for this," said Mike de Jong, who heads the ministry that held the auction. "Obviously something very serious went wrong." (AP)

ESCAPOLOGY

Magician or Con Artist?

A prisoner in County Durham, England, has been banned from reading magic books to prevent him from picking up escapology tricks, the BBC reported. Shaun Tuley was told his choice of books constituted "operational security problems." Now, a local magic club has taken up the cause. "I can't understand the Prison Service's attitude—unless this man has asked for books on escapology. Magicians do have skills which enable them to deceive but this is only in an environment which is controlled," Magic Circle spokesman David Beckley said. (EXPRESS)

SANDRO CAMPARDO/AP

VEHICLES

Oval Drive

No, it's not a Pokemon accessory. It's the Nissan Pivo, an electric car with a passenger cabin that rotates 360 degrees, so you'll never need to put it in reverse. Wait, you are thinking, wouldn't it just be easier to put it in reverse? Well ... anyway, the 3-seat Pivo, which is said to run with zero emissions on a lithium ion battery, was one of the many out-there-wacky concept cars on display last week at the 76th Geneva International Motor Show in Geneva, Switzerland. First question to Nissan: Uh, what about rollover? (EXPRESS)

They can't wait to move their furniture in so little Rocky here can chew it up.

REAL ESTATE

So Cute the Leaky Roof Doesn't Matter

Perhaps Rocky has a nose for real estate. The Scott City, Mo., dog is credited with sealing a home sale. Jared and Whittnie Essner met Rocky while house-hunting and knew they'd found their home—and their new dog. It turns out the seller couldn't keep Rocky, so as part of the deal, the little fella went with the house. The realtor says she's never seen a contract like it. (AP)

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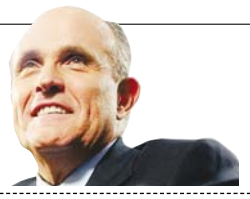

MR. POPULARITY: Former New York City Mayor Rudy Giuliani is the most popular national politician, according to a new poll. A possible GOP candidate for president in 2008, he edged out Barack Obama, John McCain, and Condoleezza Rice.

In Brief

NEW YORK

Police Question Bouncer In Grad Student's Slaying

Police have been questioning a bouncer at the trendy bar where a graduate student was seen hours before her naked body was found, bound and with packaging tape wrapped over her face. Two law enforcement officials described the 41-year-old man, who has an extensive criminal record, as a potential suspect. The bouncer was on duty at The Falls bar in SoHo when Imette St. Guillen disappeared Feb. 25, officials said. (AP)

WASHINGTON

Pentagon to Probe Possible Coverup in Tillman Shooting

The Defense Department will investigate allegations of an Army coverup in the shooting death in Afghanistan of Cpl. Pat Tillman, in addition to a criminal investigation into the 2004 killing of the former NFL star, the department said Monday. The inspector general concluded that the earlier Army investigations had produced enough evidence to merit probing possible charges of negligent homicide, officials said. (AP)

Pessimism Over Iraq

➜ An overwhelming majority of Americans believe fighting between Sunni and Shiite Muslims in Iraq will lead to civil war, according to a new poll | Today, A Section

IN The Washington Post

South Dakota Bans Most Abortions

Move sets up challenge to Roe v. Wade likely to reach Supreme Court

PIERRE, S.D. | Gov. Mike Rounds signed legislation Monday that would ban most abortions in South Dakota, a law he acknowledged would be tied up in court for years while the state challenges the 1973 U.S. Supreme Court decision that legalized abortion.

The bill would make it a crime for doctors to perform an abortion unless the procedure was necessary to save the woman's life. It would make no exception for cases of rape or incest.

The governor issued a written statement saying he expected a lengthy legal battle over the law, which, he said, would not take effect unless the U.S. Supreme Court upheld it.

JOE KAFKA/AP

SIGNING OFF: Gov. Mike Rounds signs a bill banning most abortions in the state on Monday in Pierre, S.D. Some other states are considering similar measures.

"In the history of the world, the true test of a civilization is how well people treat the most vulnerable and most helpless in their society. The sponsors and supporters of this bill believe that abortion is wrong because unborn children are the most vulnerable and most helpless persons in our society. I agree with them," Rounds said in the statement.

The Legislature passed the bill last month after supporters argued that the recent appointment of conservative justices John Roberts and Samuel Alito have made the U.S. Supreme Court more likely to overturn Roe v. Wade.

Abortion opponents are offering money to help the state pay legal bills for the anticipated court challenge, including an anonymous donor who pledged $1 million to defend the ban. The Legislature has set up a special account to accept donations.

Some other states are considering similar bans on abortion.

Under the new law, doctors could get up to five years in prison for performing an illegal abortion.

CHET BROKAW (AP)

Ways and Means Chair Set to Retire

BAKERSFIELD, CALIF. | Republican Rep. Bill Thomas, the powerful chairman of the House Ways and Means Committee, announced Monday he will retire from Congress after serving for more than a quarter century.

Thomas

Thomas, 64, made the announcement in his hometown of Bakersfield.

His resignation was widely expected because, under House Republicans' self-imposed term limits for committee chairmen, Thomas can no longer serve after this year as head of the influential Ways and Means Committee.

For the past five years, Thomas has played a key role in shepherding President Bush's tax cuts and writing legislation on Medicare, Social Security and pensions.

OLIVIA MUNOZ (AP)

Bush Pushes for Line-Item Veto

WASHINGTON | Seeking new power to weed hometown projects from legislation passed by Congress, President Bush on Monday asked lawmakers to give him a modified version of the line-item veto struck down by the Supreme Court eight years ago.

Bush wants the power to strike individual items from a bill without having to veto the entire measure. President Clinton got that wish in 1996, when the new Republican majority in the House pushed through a line-item veto law to kill individual spending projects and special-interest tax breaks.

Two years later, the Supreme Court declared the law unconstitutional because it allowed the president to amend laws passed by Congress.

Bush is now pressing for a modified, weaker version. Instead of being able to strike items from bills, he would send one or more items back to Congress for an up-or-down vote. (AP)

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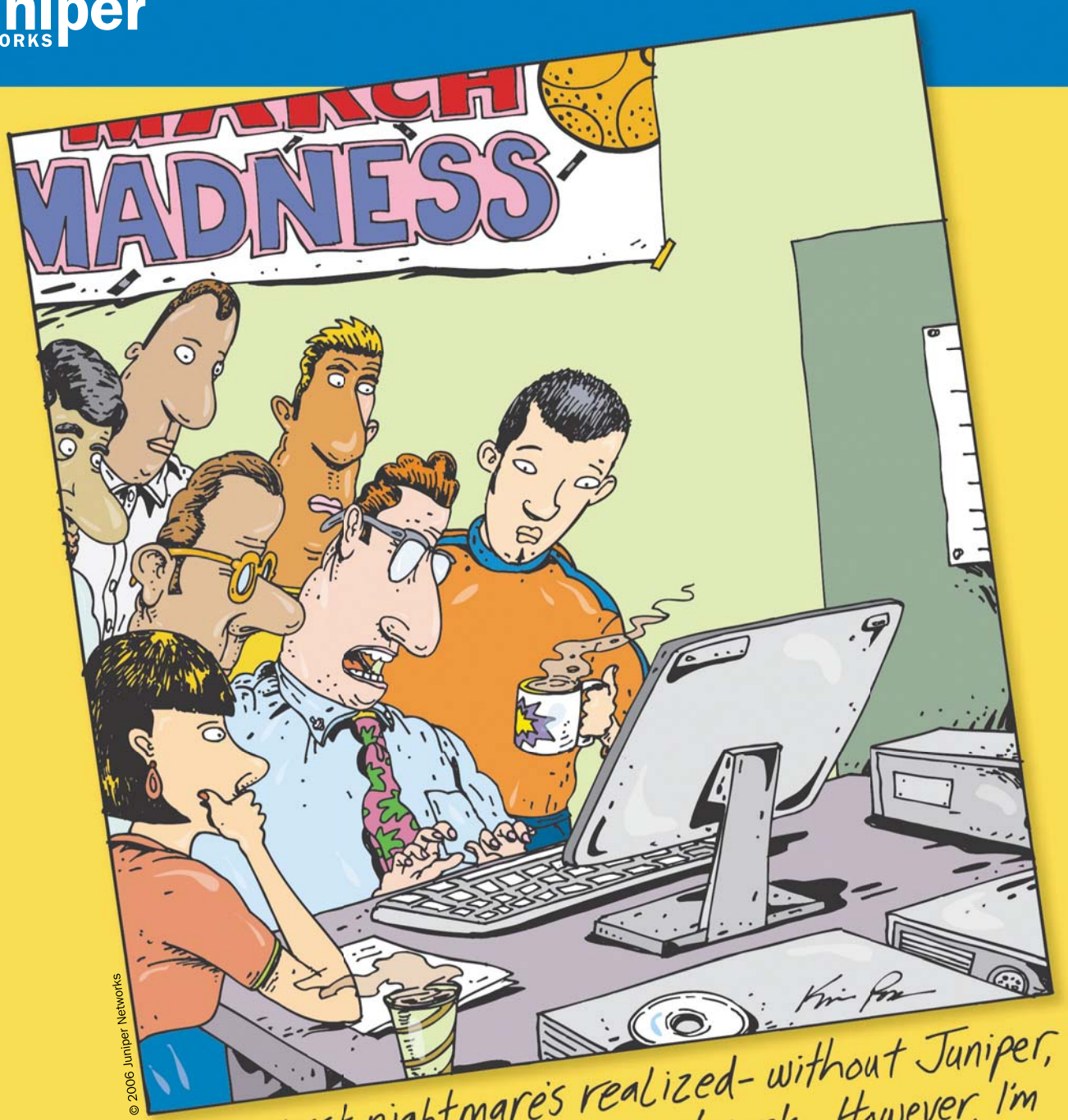

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TRADEMARKED: Trinkets inspired by runaway bride Jennifer Wilbanks went like hotcakes in her hometown of Duluth, Ga., on Sunday. The first 1,000 people through the doors at the Gwinnett Gladiators ice hockey game received a "Runaway Bride Any Similarity to Actual Persons is Unintended and Purely Coincidental" Bobblehead Doll.

Moussaoui Sentencing Trial Begins

Prosecutor: Admitted al Qaeda conspirator could have stopped 9/11

ALEXANDRIA, VA. | Opening its argument that Zacarias Moussaoui be executed, the government asserted Monday that he "did his part as a loyal al Qaeda soldier" and caused the deaths of nearly 3,000 people by failing to tell what he knew of the Sept. 11, 2001, attacks.

Moussaoui's defense countered that his dreams of being a terrorist were far removed from anything he could actually do, and that he had no part in the attacks. "That is Zacarias Moussaoui in a nutshell," said his court-appointed lawyer Edward MacMahon. "Sound and fury signifying nothing."

As Moussaoui stroked his beard and families of Sept. 11 victims watched on closed-circuit TV, prosecutor Rob Spencer evoked the horror of that day and laid blame on the only man charged in the United States in the attacks.

DANA VERKOUTEREN/AP

This courtroom rendering shows avowed al Qaeda conspirator Zacarias Moussaoui during the sentencing phase of his trial, which began Monday in Alexandria, Va.

"He lied so the plot could proceed unimpeded," Spencer asserted. "With that lie, he caused the deaths of nearly 3,000 people. He rejoiced in the death and destruction."

U.S. District Judge Leonie Brinkema impaneled 18 jurors and alternates in 90 minutes. One who appeared upset at being chosen was excused, meaning the trial will proceed with 12 jurors and five alternates instead of six.

Moussaoui, a 37-year-old French citizen, has acknowledged his loyalty to the al Qaeda terrorist network and his intent to commit acts of terrorism, but denies any prior knowledge of the Sept. 11 plot.

Moussaoui pleaded guilty in April to conspiring with al Qaeda to hijack planes and commit other crimes. The trial will determine his punishment, and only two options are available: death or life in prison.

To obtain the death penalty, prosecutors must first prove a direct link between Moussaoui and the Sept. 11 attacks. Moussaoui denies any connection to 9/11, but says he was training for a possible future attack.

The defense argues that the FBI and other agencies knew more about the hijackers' plans before 9/11 than Moussaoui and still failed to stop the attacks. MATTHEW BARAKAT (AP)

Man Accused of Attacks at UNC Appears in Court

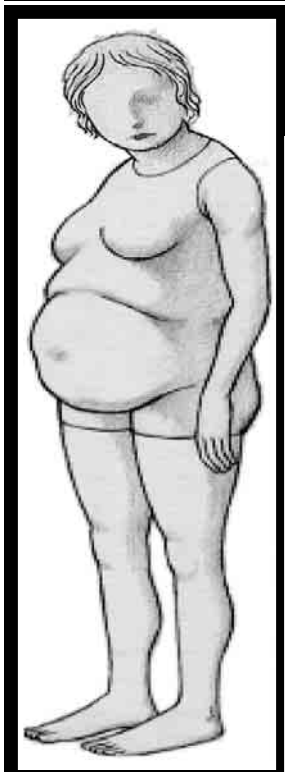
CHAPEL HILL, N.C. | A University of North Carolina graduate from Iran, accused of running down nine people on campus to avenge the treatment of Muslims, said at a hearing Monday that he was "thankful for the opportunity to spread the will of Allah."

Taheri-azar

Mohammed Reza Taheri-azar was accused of driving a sport utility vehicle through The Pit, a popular campus gathering spot, injuring nine people Friday. None of the victims was seriously hurt.

Police Chief Derek Poarch said Taheri-azar told investigators he intentionally hit people to "avenge the deaths of Muslims around the world."

Taheri-azar appeared in court on nine counts of attempted murder and nine counts of assault. (AP)



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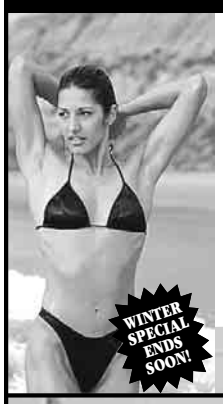

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Nation

STAUNCH STANCE: Peace activist Cindy Sheehan was arrested along with three other women for criminal trespassing at a march to demand a withdrawal of U.S. troops from Iraq on Monday, said Women Say No to War, which helped organize the march.

New Bird Flu Vaccine in the Works

Officials say germ's mutations make earlier antivirus less effective

ATLANTA | Federal health officials announced plans Monday for a second vaccine to protect people from bird flu because the virus spreading among birds in Asia, Africa and Europe is changing.

The government has several million doses of an earlier bird flu vaccine, but it was based on a sample of virus taken from Vietnam in 2004. The germ is believed to have mutated enough since then that the form now circulating in Africa and Europe may be different, health officials said.

U.S. Health and Human Services Secretary Mike Leavitt said Monday he had authorized the National Institutes of Health and the federal Centers for Disease Control and Prevention to begin working on a second vaccine for humans.

Leavitt

"In order to be prepared, we need to continue to develop new vaccines," Leavitt said at an immunization conference in Atlanta.

Government flu experts wouldn't speculate on whether the earlier vaccine would still protect most people. They said only that they believe it would be less effective than a new vaccine based on a more recent virus sample.

Calls for a second vaccine illustrate the challenge of coming up with an effective shot to protect humans from a strain of bird flu that might one day easily jump to humans.

So far, that hasn't happened, but if it did, experts fear a worldwide, deadly flu epidemic.

Because all flu viruses constantly change, even making a vaccine for ordinary human flu poses hurdles.

Health officials plan to base the second vaccine on a sample taken from Indonesia last year, said Ruben Donis, leader of the molecular genetics team at the CDC's influenza branch.

The virus circulating in Indonesia is related to the Vietnamese virus, but it is not a descendant and causes a different immune system response, he said.

MIKE STOBBE (AP)

Boston Police Seek 2 in Attack On Homeless Man

BOSTON | Police on Monday were searching for two people who attacked a homeless man as he slept in a park and set his legs on fire.

The 30-year-old victim, whose name was not released, was being treated for burns Monday at Massachusetts General Hospital.

The homeless man told police he was awakened early Sunday by the men kicking him in Langone Park in the city's North End. He went to sleep but the men returned, drenched him with a flammable liquid and set his legs on fire, police said. (AP)

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"[A]s long as the people support me, I will still work because that is how a democracy works."

—**Thai PM Thaksin Shinawatra,** rejecting calls for his resignation amid an abuse of power scandal

World

In Brief

BOGOTA, COLOMBIA

Rebels Step Up Attacks Ahead of Parliamentary Poll

Leftist rebels intensified attacks in rural areas ahead of weekend parliamentary elections and said they'd free two captive police officers, a gesture President Alvaro Uribe called an abusive political gambit. Attackers dynamited an oil pipeline and downed electrical towers, and a bomb killed three people and wounded nine in the southern town of San Vicente del Caguan, authorities said. Supporters of Uribe are expected to dominate congressional elections slated for Sunday. (AP)

AMSTERDAM, NETHERLANDS

Croatian Serb War Criminal Commits Suicide in Prison

A Croatian Serb convicted of ethnic cleansing after leading a brutal revolt during the Balkan wars committed suicide in prison, the U.N. tribunal said Monday, a setback for prosecutors counting on his testimony in other war crimes cases. Milan Babic showed no sign of despair before he killed himself Sunday, a tribunal spokeswoman said. But his suicide came just three weeks after he reaffirmed his remorse for his crimes, telling a tribunal that his guilt was a "pain that I have to live with for the rest of my life." The tribunal said it was launching an inquiry but it did not disclose how Babic killed himself. (AP)

Babic

LONDON

'Da Vinci Code' Copyright Fraud Case Set To Resume

A copyright case involving the best-selling thriller "The Da Vinci Code" is set to resume at London's High Court on Tuesday after a week-long break to give the judge time to read books involved in the case and related materials. The two plaintiffs, Michael Baigent and Richard Leigh, are slated to give evidence in the proceedings first, followed by author Dan Brown, who will probably take the stand later in the week. (AP)

Iraqis Deadlock Over First Assembly

Talabani pushes for parliament to convene; 25 die in new violence

BAGHDAD, IRAQ | Iraq's president failed in a bid Monday to order parliament into session by March 12, further delaying formation of a government and raising questions about whether the political process can withstand the unrelenting violence or disintegrate into civil war.

The deadlock came as snipers assassinated Maj. Gen. Mibder Hatim al-Dulaimi, the Sunni Arab in charge of Iraqi forces protecting the capital. A torrent of bombings and shootings killed 25 more Iraqis on Monday, ending a relative lull in violence. Officials also found four bodies.

At the heart of the dispute is a controversy over the second-term candidacy of the Shiite prime minister, Ibrahim al-Jaafari, whose most powerful supporter is the anti-U.S. cleric Muqtada al-Sadr.

The Sunni Arab minority blames al-Jaafari for failing to control the Shiite militiamen who attacked Sunni mosques and clerics after the Feb. 22 shrine bombing in Samarra. Kurds are angry because they believe al-Jaafari is holding up resolution of their claims to control the oil-rich city of Kirkuk.

In a bid to force a showdown in the dispute, President Jalal Talabani, a Kurd, announced he would order parliament to convene Sunday for the first time since the elections in December.

Talabani was mistakenly counting on the signature of Vice President Adil Abdul-Mahdi, a Shiite, who lost his own bid for the prime minister's nomination by one vote to al-Jaafari.

The Shiite bloc closed ranks and Abdul-Mahdi declined to sign, at least for now.

It remained unclear when parliament might convene, despite the constitutional directive that set Sunday as the deadline. BASSEM MROUE (AP)

KHALID MOHAMMED/AP

ATTACKS CONTINUE: An Iraqi man walks past the site of a bomb explosion in Baghdad on Monday. A new wave of bombings and shootings killed 25 people.

Tough loss: The death of a top Iraqi military leader is a setback to Baghdad security | **Today's Post, Page A1**

AUSTRIA | CATS TEST POSITIVE FOR BIRD FLU

MARKUS LEODOLTER/AP

FELINE FEARS: An official carries cats out of an animal shelter in Graz, Austria, on Monday. Three cats have tested positive for bird flu in Austria's first reported case of the disease spreading to an animal other than a bird, state authorities said Monday. The sick cats were among 170 living at an animal shelter where the disease was detected in chickens last month.

Security Forces, Tribes Battling in Pakistan

100 militants believed killed in fighting; local residents forced to flee

MIR ALI, PAKISTAN | Three days of fighting likely killed more than 100 pro-Taliban and al Qaeda militants in North Waziristan, Pakistan's army said Monday, as thousands of townspeople fled the continuing violence and authorities imposed a curfew in the tribal region's main town.

Journalists were also barred from Miran Shah, scene of most of the fighting that broke out Saturday. Security forces were mopping up Monday after artillery and helicopter gunships targeted militants in the town. Local clerics were trying to mediate a cease-fire.

Army spokesman Maj. Gen. Shaukat Sultan said that based on intelligence reports and questioning of injured and arrested militants, more than 100 militants might have died. He added that security forces had yet to regain control of all compounds in Miran Shah, so he couldn't give an exact death toll.

The fighting is the bloodiest in more than two years in Pakistan's lawless tribal regions along the Afghan border and marks a dangerous escalation in President Gen. Pervez Musharraf's campaign to crack down on al Qaeda and Taliban militants and their local sympathizers.

It also underscored Islamabad's failure to establish governmental control in the rugged region where fiercely independent Pashtun tribesmen have resisted outside authority and influence for centuries.

About 10,000 people have fled the violence. Vehicles weren't allowed in or out of Miran Shah, so residents had to walk nine miles to a security checkpoint to find transport. BASHIRULLAH KHAN (AP)

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World

IAEA Chief: Iran Deal Still Possible

ElBaradei's optimism reportedly tied to new proposal from Russia

VIENNA, AUSTRIA | The head of the U.N. atomic watchdog agency said Monday a deal on Iran's suspect nuclear program could be only a few days away, making U.N. Security Council action unneeded.

International Atomic Energy Agency head Mohamed ElBaradei did not elaborate. But his optimism was believed to be linked to a confidential Russian proposal to allow Iran to enrich some uranium domestically, diplomats said. They spoke on condition of anonymity because they were not authorized to divulge details of the plan.

"I am still very much hopeful that in the next week, an agreement could be reached," ElBaradei told reporters, without elaborating.

However, the plan — which Russian Foreign Minister Sergey Lavrov planned to discuss with officials in Washington — was expected to meet strong U.S. resistance over fears it could be misused to make nuclear weapons.

The Russia proposal would allow Tehran to conduct small-scale enrichment and ask the IAEA to set the parameters of such activity to minimize the chances of abuse.

Diplomats said negotiations continued on the sidelines of a board meeting of the IAEA, which began Monday and would focus on Iran later in the week.

A senior European diplomat said the deal would likely stand or fall "on the response Lavrov gets in Washington." GEORGE JAHN (AP)

HANS PUNZ/AP

Mohamed ElBaradei said he's "hopeful" for a deal on Iran's nuclear program.

Accuser Testifies in S. Africa Rape Trial

JOHANNESBURG, SOUTH AFRICA | A woman who accused South Africa's former deputy president of rape testified Monday that the man she had known since she was 5 forced himself on her when she was a guest in his home.

The 31-year-old AIDS activist's wrenching testimony came at the start of one of two criminal trials that appear to have left Jacob Zuma's political career in tatters.

But Zuma still has supporters who see him as a defender of the common man, the poor and the downtrodden. Hundreds chanted, sang and danced outside the courthouse Monday.

Zuma pleaded not guilty Monday and, in a statement read by his attorney, said his accuser spent the night willingly at his home in November and the two had had consensual sex for some time. At no time, he said, did she say "no" or indicate she was having intercourse against her will.

The trial has been called the most explosive case in the country since the end of apartheid. (AP)

FATIMOA LUSI/AFP/GETTY IMAGES

A man shows his support for ex-South African deputy president Jacob Zuma.

6 **The number of statues** of Sekhmet, an ancient Egyptian goddess who has the head of a lioness and the body of a woman, uncovered by an archaeological team working in southern Egypt. Officials say the statues are in good condition.

Hamas, Fatah Lawmakers Face Off

Abbas swiftly stripped of powers bestowed by outgoing parliament

GAZA CITY, GAZA STRIP | Hamas headed into a full-blown confrontation with Palestinian President Mahmoud Abbas on Monday, voting to strip him of powers he was hastily awarded by his Fatah Party in the last session of the outgoing parliament.

In Gaza City, an Israeli missile strike killed two Islamic Jihad militants and three bystanders, including two young boys.

The Hamas-Fatah conflict has been simmering since Hamas swept Fatah out of office in January parliamentary elections.

Hamas has 74 seats in the new parliament and Fatah just 45, and the first order of business for Hamas was to cancel the powers the outgoing parliament gave to Abbas, the Fatah leader, authorizing him to cancel laws passed by the new parliament and appointing Fatah officials to key positions.

HATEM MOUSSA/AP

TEMPERS FLARE: Palestinians in Gaza City Monday argue over a vehicle hit in an Israeli missile strike targeting suspected militants.

In the West Bank administrative capital of Ramallah, Fatah delegates walked out, accusing Hamas of twisting the rules to weaken Abbas' authority.

With its absolute majority, Hamas can set up a government by itself, but Hamas leaders prefer to bring in other parties, partly to deflect international criticism and threatened sanctions because of Hamas' record of violence and refusal to recognize Israel.

In a statement, Fatah complained the Hamas action "undermines the basis of dialogue and partnership in any institution with Hamas." IBRAHIM BARZAK (AP)

45 Die in Bid to Get To Europe

DAKAR, SENEGAL | Two wooden canoes carrying West Africans seeking a better life in Europe foundered off the coast of Mauritania over three days, leaving at least 45 would-be immigrants dead, a health official said Monday.

Fishing boats plucked at least 26 people from the Atlantic Ocean following the accidents, but at least 45 people were dead and 17 missing, said Ahmed Ould Haya, head of Mauritania's branch of the International Committee of the Red Crescent.

The boats had sailed separately from Mauritania in an attempt to reach Spain's Canary Islands — about 600 miles away.

It was unclear how far they had traveled before capsizing, what caused the accidents, or whether the search was still under way for survivors. Heavy winds have buffeted coastal northern West Africa for days, roiling seas. (AP)

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Money

SHIP SHAPE: UPS Inc. says it is shortening the amount of time it takes to deliver ground packages to several U.S. cities after improving its network. For example, shipments between Washington, D.C., and Denver will take three days instead of four.

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
LongvF	23.03	+3.78	+19.6
WolvTub	4.35	+.55	+14.5
BellSouth	34.50	+3.04	+9.7
CarrAmR	44.53	+3.45	+8.4
Tennant	46.80	+3.39	+7.8

Losers

SwftEng	36.67	-3.33	-8.3
GrantPrde	39.00	-3.18	-7.5
Primedia	2.01	-.16	-7.4
OrmatTc	37.42	-2.85	-7.1
Todco	35.65	-2.71	-7.1

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
FiberNet rs	3.60	+.94	+35.3
Ronson	4.72	+1.04	+28.3
ChemGnx n	6.50	+1.30	+25.0
Avanex	2.49	+.39	+18.6
EndWve	12.66	+1.77	+16.3

Losers

ExideTc	2.80	-1.18	-29.6
Genomic n	12.08	-2.52	-17.3
Redback	18.40	-3.35	-15.4
Tellabs	13.03	-1.98	-13.2
BeasleyB	10.89	-1.60	-12.8

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	7.50	7.50
Fed Funds close	4.50	4.50
3-month disc	4.50	4.51
2-year	4.77	4.73
10-year	4.75	4.59
30-year	4.74	4.55

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5717	.5701	.5199
Canadian Dollar	1.1394	1.1351	1.2305
European Euro	.8322	.8308	.7557
Japanese Yen	117.54	116.34	104.68
Mexican Peso	10.6645	10.5480	11.0250
Taiwanese Dollar	32.46	32.35	30.82

DOW	NASDAQ	S&P 500
-63.00	-16.57	-8.97
-0.57	-0.72	-0.70
10958.59	2286.03	1278.26

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	73.55	-1.84	-6.7
Amylin	43.07	-.91	+7.9
BiogenIdc	45.51	+.01	+.5
Celgene s	40.32	+.21	+24.4
ChRvLab	48.66	-.76	+14.8
Chiron	45.28	+.01	+1.9
Genentch	83.61	-.73	-9.6
Genzyme	66.33	-.39	-6.3
GileadSci	59.50	-.59	+13.2
Imclone	36.91	+.09	+7.8
Invitrogn	71.81	-.64	+7.8
MedImun	35.69	-.96	+1.9
MillPhar	10.23	-.27	+5.5
PDL Bio	31.67	-.17	+11.4
VertxPh	43.42	-.39	+56.9

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AT&T Aims to Cut Up to 10,000 Jobs

BellSouth buyout may help phone giant trim costs by $2B per year

SPENCER PLATT/GETTY IMAGES

AT&T said the proposed work force cuts would take place over three years.

NEW YORK | AT&T Inc. plans to cut up to 10,000 jobs, mostly through normal turnover, if its $67 billion purchase of BellSouth Corp. is approved by shareholders and regulators, AT&T's chief financial officer said Monday.

The work force reduction would take place over three years, AT&T's Rick Lindner said. Before the cuts, the combined company would have around 317,000 employees, including Cingular Wireless LLC, which is now an AT&T-BellSouth joint venture.

The new company would be the country's largest phone company — with nearly half of all lines.

The 10,000 planned job cuts are in addition to the 26,000 cuts AT&T has already announced — 13,000 due to SBC's acquisition of AT&T Corp., and 13,000 due to shifting priorities in the business. The combined SBC-AT&T took the name AT&T Inc.

San Antonio-based AT&T expects the acquisition to save it $2 billion annually at first, increasing to $3 billion a year by 2010.

Slightly more than one third of the savings would come from reduced labor costs and consolidation of support functions and corporate staff, Lindner said.

The combined company would be based in San Antonio, depriving Atlanta of one of its largest corporate headquarters.

Georgia Gov. Sonny Perdue and Atlanta Mayor Shirley Franklin said Monday they both will fly to Texas soon to try to persuade AT&T's executives to move their headquarters to Atlanta. PETER SVENSSON (AP)

NBC Universal to Buy iVillage for $600M

NEW YORK | General Electric Co.'s NBC Universal on Monday became the latest "old media" company to make a further foray into the fast-growing world of online advertising, announcing plans to acquire iVillage Inc., a women's Web site company, for about $600 million.

The deal signals an expanding strategy for NBC Universal, home to television network NBC, Universal Pictures and cable channels Bravo and USA Network. It also reflects the larger push among traditional media companies to not get left behind as more consumers shift to the Internet for news, entertainment and shopping.

"We see this as a huge growth area, but it's not mutually exclusive," Jeff Zucker, chief executive of NBC's television group, said. "The fact is that the consumer experience has to include both (the Internet and television) and this gets us both."

NBC agreed to pay $8.50 in cash for each share of iVillage, which describes itself as "the Internet for women" with sites including Astrology.com, GardenWeb.com and gURL.com, a Web site aimed at teenage girls. PAULETTE CHU (AP)

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RECORD DEAL: Students at Maryland's public universities will be able to get legally downloaded music under a new agreement between the state university system and online music provider Cdigix. Students will pay a $2 monthly rate, plus 89 cents per song or $9.99 per album.

Local

The Washington Post | CELEBRATING BASEBALL

PRESTON KERES/TWP

ALL SMILES: D.C. Council Chair Linda Cropp, Council member Jack Evans and D.C. Mayor Anthony Williams on Monday celebrated Major League Baseball's thumbs up to a lease for the proposed Nationals ballpark. Williams signed the stadium lease Monday evening. | **Today in Metro**

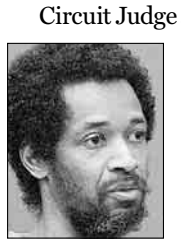
Sniper Suspect Combative

Muhammad comes to court with complaints of treatment by jailers

ROCKVILLE, MD. | A combative John Allen Muhammad came to court Monday with a list of complaints, including allegations that jailers have restricted his access to court documents in his trial for six Washington-area sniper shootings, disagreements with his attorneys over legal filings and claims he has been denied long underwear to wear in court.

Muhammad, who was transferred to Montgomery County last summer from Virginia, where he has been sentenced to death, lost a pair of pretrial motions during the hearing in advance of his scheduled May 1 trial.

Circuit Judge John Ryan granted a request from county prosecutors to present evidence of other shootings Muhammad and accomplice Lee Boyd Malvo are accused of carrying out before and during the three-week long October 2002 shooting spree in the Washington region.



Muhammad

Ryan also blocked a request by Muhammad's attorneys to hold separate trials for some of the six murders that occurred in Montgomery County, the first on Oct. 2 and the last on Oct. 22, 2002.

When the motion was first presented in court, Muhammad cut short his court-appointed lawyer, saying he never agreed to filing the motion.

Throughout the legal process that began with his 2003 murder trial, conviction and death sentence in Virginia, Muhammad has actively inserted himself into his defense. Shortly before his first trial began, he briefly dismissed his lawyers and handled his own case, making an opening statement and questioning some witnesses. He eventually allowed his lawyers to return.

STEPHEN MANNING (AP)

In Brief

RICHMOND, VA.

Gun Rights Bill Clears Panel

A bill making it illegal for most businesses to prohibit guns in locked vehicles on their property squeaked by the Senate Courts of Justice Committee Monday. The bill would require businesses to allow employees and customers to keep guns in their locked vehicles while parked on site. The bill contains exemptions for vehicles on school property and private property where the parking area is gated or restricted. It also exempts business-owned vehicles, such as delivery vans. (AP)

WASHINGTON

Ex-ANC Official Convicted In Investment Scheme

A former District advisory neighborhood commissioner could find himself sentenced to 350 years in prison, now that he's been convicted of running a Ponzi scheme. Prosecutors contend that Robert Hall ran a company called First United Financial Group out of a Northeast D.C. office where he lured investors with all sorts of promises. In the end, the scheme collapsed, causing victims to lose more than $747,000. (AP)

Prosecutors Say Bus Driver Was Distracted

ARLINGTON, VA. | A tired and distracted Arlington County school bus driver was responsible for a collision last April that killed two young children, prosecutors said Monday.

Pamela Sims, 37, is charged with reckless driving in the April 18 crash on Columbia Pike, about one mile west of the Pentagon. Her school bus had crossed the double yellow line when it was hit by a commercial trash truck as she waited to make a left turn near Hoffman-Boston Elementary School, said Assistant Commonwealth's Attorney Jason McCandless.

Sims was distracted by a child who wasn't sitting, and she tried to retrieve a clipboard from the floor before the crash, McCandless said in his opening statement.

He also said she was fatigued following her shift as a supermarket night stocker, a job she had started just two days before the accident.

Lilibeth Gomez, 9, died at the scene. Harrison Orosco, 7, died two days later. The truck driver, James Wallace, 42, of Fairfax, is still recovering from his injuries. He faces trial on a reckless driving charge stemming from the accident. Defense witnesses testified that the trash truck driver was not in his lane. DERRILL HOLLY (AP)

The Lotteries

Monday, March 6

DISTRICT

Mid-day Lucky Numbers	4-3-5 (White)
Evening Lucky Numbers	9-4-2 (White)
Mid-day DC 4	5-7-2-7
Evening DC 4	7-0-9-5
Rolling Cash Five	22-29-30-13-05
Daily 6	26-28-14-36-15-04 Bonus: 07

MARYLAND

Mid-day Pick 3	8-4-1
Evening Pick 3	9-8-0
Mid-day Pick 4	8-7-1-4
Evening Pick 4	8-3-4-8
Match 5	02-17-26-38-39 Bonus: 28

VIRGINIA

Mid-day Pick 3	6-1-8
Mid-day Pick 4	8-9-7-6
Mid-day Cash 5	07-18-20-24-33

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Ehrlich Supports Paper Ballot Plan

ANNAPOLIS, MD. | A bill requiring the state to swap electronic voting for paper ballots for at least a year got strong support from Gov. Robert Ehrlich, who said it would be "inexcusable for us to not be prepared for a catastrophic system failure in the 2006 election cycle."

On Monday, Ehrlich urged the state Board of Elections to support a bill scheduled for debate this week in the House of Delegates to lease optical scanners that would be used to count paper ballots in this year's primary and general elections.

Ehrlich joined other critics who say the Diebold AccuVote-TS machines used in Maryland in 2002 and 2004 can't be relied upon because there are no paper records of votes that could be used to verify results if there are allegations of fraud or widespread failure of the touchscreen computers. (AP)

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The Washington Post

1836 | **The former name** of Houston's new MLS team, to honor the city's founding year. On Monday, it became the Dynamo because Hispanics protested 1836 because it's was also when Texas won independence from Mexico.

Arrington Cuts Ties With Redskins

Linebacker's stormy 6-year tenure comes to an end with buyout

REDSKINS | LaVar Arrington played for five defensive coordinators in his first five years without a playoff game to show for it. He endured a lingering contract dispute with the owner. He didn't like the way the team handled his knee injury.

Then he got benched.

A three-time Pro Bowl linebacker can only take so much, even if he had pledged himself forever to the team and had moved his family to the area. Arrington severed ties with the Washington Redskins late Sunday, agreeing to forgo $4.4 million so he could become a free agent.

"You can't put a price tag on principles and values," said Arrington.

"Under the current situation, I don't see how it would be productive for me or for the Redskins for me to be there," he said. "I think it's obvious. Some people feel I'm full of drama. Some people feel the Redskins are like that. Who knows who's wrong? It just seems we got to our current position in terms of me and the Redskins. It didn't seem like a comfortable fit."

Arrington turned down the Redskins' offer to restructure his contract to save cap money while remaining with the team, a deal that would have only taken effect if the NFL and players' union can't agree on a new collective bargaining agreement. Otherwise, Arrington would have been a candidate to be cut after June 1 under the salary cap rules.

"It's going to be best for the Redskins. I hope it's going to be best for LaVar," coach Joe Gibbs said. "I think it gives him a chance for a fresh start."

Gibbs said the Redskins have reached provisional agreements with "11 or 12" other veterans over the past week to restructure their contracts to help slash more than $20 million under the cap if there isn't an agreement by the Thursday deadline.

The Redskins could very well see Arrington again. He said he wants to sign with an NFC East team. (AP)

EVAN VUCCI/AP

PAYING HIS DUES: LaVar Arrington gave up $4.4 million — which he can make back in free agency — to leave the Redskins in an agreement reached late Sunday night. "You can't put a price tag on principals and values," he explained on Monday.

"He was the face of the Redskins, a guy they put a lot of pressure on to carry that out."

Ryan Clark, one of several Redskins shocked by LaVar Arrington's split with the team | **Today in Sports**

IN The Washington Post

Labor Talks Leave Players in Limbo

Owners set to discuss revenue-sharing plan to kick off free agency

NFL | Shaun Alexander is back with Seattle, LaVar Arrington is on the market and Kerry Collins is in limbo.

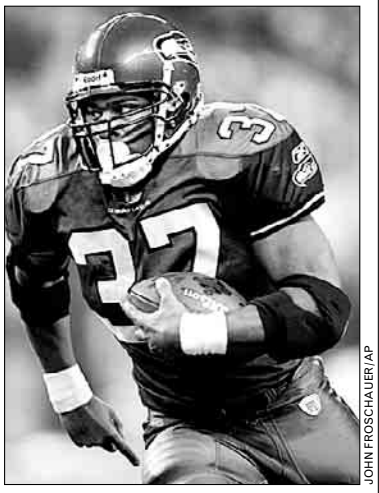
So are many other players who must await the outcome of Tuesday's owners meetings in Dallas before they know where they will be when free agency finally starts.

There was no deal following the latest round of "it's done, it's not done" reports on Sunday. On Monday, it was clear the decision would come down to whether the owners would accept a revised revenue sharing, an issue for which they've been squabbling among themselves for more than two years.

The NFL will submit the union's latest request for about 60 percent of total revenues to the 32 owners and let them decide whether they will accept it, extending the agreement which runs out after the 2007 season.

If there is no agreement, the future is unclear. What is clear is that the 2007 season would go on without a salary cap, with wild spending by some teams and little spending by others.

Gene Upshaw, the president of the NFL Players Association, has contended all along that the revenue-sharing dispute among the owners must be solved first. And Buffalo defensive back Troy Vincent, the NFLPA's president, said: "I don't know how we can get an agreement unless we deal with the entire picture." DAVE GOLDBERG (AP)



JOHN FROSCHAUER/AP

NFL MVP Shaun Alexander signed a $62 million deal to stay with Seattle.

Swengali

REDSKINS | BY MATT SWENSON

Arrington's Star Burns Out

IN THE END, LaVar Arrington's greatest nemesis in Washington was LaVar Arrington.

His Greek God-like body combined with a charming personality made him an instant star here six years ago. Huge hits, like the one that ended Troy Aikman's career, and big plays, like the interception return for a touchdown to salvage Marty Schottenheimer's lone season in D.C., only added to his fame.

The problem was, for all his talent and his huge salary, Arrington was never as consistent as his coaches wanted him to be. For each game-making play, there would be the missed tackle or blown coverage.

Then there were the annual soap operas, where he voiced his fear that the team wanted to get rid of him.

Nothing much will change with Arrington out of the picture.

Late Sunday night, Arrington made it happen by forfeiting $4 million to leave the Redskins.

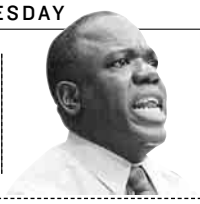
If we've learned anything the past two years it's that the Redskins don't need him. Injuries left Arrington sidelined for most of the period when Gregg Williams built one of the NFL's best defenses. Nothing much will change with Arrington out of the picture.

The only fear is that Arrington will land in Dallas, Philadelphia or New York. He'd like nothing better than to prove — while playing in the same division — that the Redskins did wrong by him.

Nothing would say that more than a sack of Mark Brunell followed by that Arrington smile, which has always shined brighter than the star on the Cowboys' helmets.

Matt Swenson is the sports editor of Express. E-mail matt.swenson@readexpress.com

Sports



HEAD OF THE CLASS: Karl Hobbs, a candidate for national coach of the year for leading the No. 6 George Washington Colonials to a 26-1 record this year, was named the top coach in the Atlantic 10 on Monday. GW went 16-0 in A-10 play.

In Final, GW Falls to Temple

Colonials lose to Owls in A-10 title game for second straight season

GW WOMEN | Candice Dupree scored 25 points, grabbed 10 rebounds and was named the Atlantic 10 tournament's Most Outstanding Player for the third straight season in Temple's 59-54 victory over George Washington in the title game Monday night.

After making the NCAA tournament only once in team history entering this decade, Owls coach Dawn Staley has led the program to unprecedented success. The Owls (24-7) are in the NCAA tournament for the third straight year and fourth time in the last five seasons. Staley's first season in 2000-01 was the only one without postseason play.

GEORGE WIDMAN/AP

George Washington's Jessica Simmonds struggles to get up a shot on Monday.

Kamesha Hariston added 18 points for the Owls, who also beat George Washington in last year's championship game. With the men's program needing their own A-10 tourney win to return to the NCAA tournament for the first time since 2001, the women's program has become Temple's most successful in basketball.

Kimberly Beck scored 21 points for the top-seeded Colonials (22-8). With 12 tournament appearances since 1991 and three wins this season over Top-25 teams, the Colonials likely have done enough to earn an at-large bid.

DAN GELSTON (AP)

Vick Enters Two Guilty Pleas in Va.

HAMPTON, VA. | Former Virginia Tech quarterback Marcus Vick resolved his recent legal problems Monday, pleading guilty to disorderly conduct charges in one court and speeding and driving without a valid driver's license in another.

Vick

The younger brother of Michael Vick first pleaded guilty in Hampton to the traffic violations that helped cost him his college football career.

Later in Suffolk, Vick pleaded guilty to the disorderly conduct charges as part of a plea bargain, prosecutor Phil Ferguson said. Vick was originally charged with three counts of brandishing a firearm after he was accused of pulling a gun on three teenagers. Ferguson said "seriously conflicting evidence" led to the plea deal. (AP)

TODAY'S TV LINEUP

NBA (7 P.M. ON CSN) The Wizards look for their second straight win when taking on the Celtics.

BASEBALL (1 P.M. ON ESPN) Venezuela vs. Dominican Republic in a star-studded World Baseball Classic contest.

BASEBALL (4 P.M. ON ESPN) The U.S. starts play in the World Baseball Classic against Mexico.

COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN) The Mid-Continent Conference and Horizon League championship.

COLLEGE HOOPS (9:30 P.M. ON ESPN2) The Sun Belt Conference title game.

Backup Thomas Sticks With Wizards

WIZARDS | Guard Billy Thomas signed a second 10-day contract with the Washington Wizards on Monday.

Thomas joined the Wizards on Feb. 24.

He has been inactive in each of his six games with the team which plays the Boston Celtics on Tuesday.

Thomas has spent two training camps with the Wizards. He also played in 25 games last season with the New Jersey Nets. (AP)

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PIT STOP: NASCAR's first Hall of Fame will be built in downtown Charlotte, N.C., within miles of the race shops that make the region an epicenter of the sport.

Sports

RICK SILVA/AP

Washington Nationals third baseman Brendan Harris applies a late tag at third base as the Los Angeles Dodgers' Willy Aybar tags up in a 0-0 game on Monday.

Nationals, Dodgers Play to Shutout Draw

Ex-National Wilson leads Astros to rout in other split-squad game

NATIONALS | Brad Penny threw three hitless innings Monday as the Los Angeles Dodgers played to a 0-0 tie Monday in a nine-inning split-squad game against the Washington Nationals.

Dodgers pitchers limited Washington to two hits. Japanese right-hander Takashi Saito struck out three in two innings to close the game.

Nationals starter John Patterson allowed one hit and struck out three in three innings.

In Washington's other split squad game, former National Preston led the Houston Astros to a 11-1 victory.

Wilson — who has reached base in his first five at-bats, going 4-for-4 with a walk and two doubles —was 2-for-2 and drove in his second run of the spring.

"More than anything you just try to feel comfortable out there," Wilson said of his start. "Right now it's not about getting hits. I want to feel like I am accomplishing what I want to out there."

Houston finished with 13 hits, including five for extra bases, and scored 11 runs for the second time this spring. (AP)

Life with the Nats: MLB signing the stadium lease gives hopes to the Nationals | **Today's Post, Sports**

Puckett Dies at Age 44

Stroke takes the life of Hall-of-Famer who led Twins to 2 World titles

MINNEAPOLIS | Kirby Puckett died Monday, a day after the Hall of Fame outfielder had a stroke at his Arizona home, a hospital spokeswoman said. He was 44.

Puckett, who led the Twins to two World Series titles before his career was cut short by glaucoma, had a career average of .318.

But his fame transcended statistics. He was one of the baseball's most beloved players during his 12-year career.

He was elected to the Hall of the Fame in his first year of eligibility in 2001.

After his career ended, Puckett put on a considerable amount of weight — which concerned those close to him.

"We would tell him. But he enjoyed life. He enjoyed the size he was. That's who he was," former Twins and current Cubs outfielder Jacque Jones said Sunday at the team's spring training site in Mesa, Ariz.

Puckett, a star outfielder, carried the Twins to championships in 1987 and 1991.

Glaucoma forced the six-time Gold Glove center fielder and 10-time All-Star to retire when he went blind in his right eye.

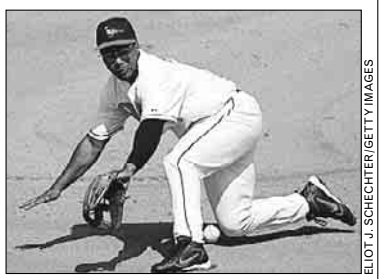
DAVE CAMPBELL (AP)

Markakis, O's Batter the Cardinals

ORIOLES | Kevin Millar doubled in two runs and scored during a four-run third inning against Jason Marquis, and the Baltimore Orioles used a 21-hit attack to beat the St. Louis Cardinals 12-8 Monday.

Andy Tracy homered for the Orioles, and prospect Nick Markakis doubled twice in two at-bats. Markakis, the seventh overall pick in the 2003 draft, is 6-for-7 with four walks in 12 trips to the plate this spring — an on-base percentage of .909 over five games. "Let's just say he's certainly up to the competition he's facing so far," Orioles manager Sam Perlozzo said.

Marquis allowed two hits in two scoreless innings before becoming unglued in the third. With two outs and runners on the corners, Jay Gibbons singled in a run before Millar chased Marquis with a double to left that made it 3-3. (AP)



ELIOT J. SCHECHTER/GETTY IMAGES

Third baseman Melvin Mora grabs a ground ball in Baltimore's win Monday.

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If interested, please contact Elizabeth Kingery, RN at 202-741-2729 and refer to the TEVA Parkinson's study.

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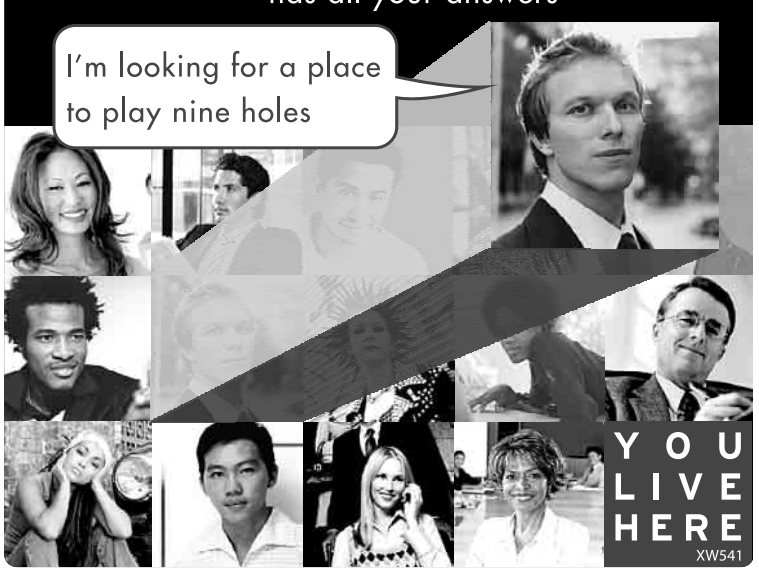

Sports

NET CHANGE: The ATP and WTA tennis tours have decided to use instant replay starting with the Nasdaq-100 Open in 2 weeks. The U.S. Open will be the first Grand Slam to use the technology.

Cheerleader Keeps Spirit

ST. LOUIS | Kristi Yamaoka wasn't about to let a broken neck and concussion keep her school spirit down.

The Southern Illinois University cheerleader lost her balance during a routine Sunday and fell about 15 feet onto her head, hushing the crowd of about 14,000.

But the 18-year-old sophomore, in fair condition Monday and expected to make a full recovery from chipped neck vertebra and a concussion, let the stunned fans and national television audience know right away that she was going to be OK.

When the pep band fired up SIU's fight song, Yamaoka gave a two-handed thumbs up from the gurney, then moved her arms in time to the music and cheered.

"I just knew that it would be a little easier for my team and squad to concentrate if they knew I was OK and not worrying about me," she told The Associated Press Monday. "I didn't want the team to get distracted. I needed them to win for me." They did, 59-46 vs. Bradley. (AP)

TOM GANNAM/AP

Cheerleader Kristi Yamaoka signals to the crowd that she is okay after Sunday's fall.

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LOSING WAGER: Maybe it was all the arty "issue" movies; maybe the boringly tasteful gowns, but it seems that ABC took a gamble on the Oscars and lost. The numbers for the broadcast were down 10 percent from last year's ceremony.

Mouth of the South

Alt-country farm grrl Neko Case releases literary solo record

CASE STUDIES | Anti-/Epitaph is hoping Neko Case's many small pockets of fans will add up to a substantial following for her new album, "Fox Confessor Brings the Flood," out today.

Case spent much of the past year recording and touring with the New Pornographers in support of their third album, "Twin Cinema." Add that audience to her devotees from her other exercises — including her 2004 solo live set, her albums under the moniker Neko Case & Her Boyfriends and her punk past as the drummer for Cub and Maow — and Case has developed a diverse audience.

"Fox Confessor" takes up where her last studio album, 2002's "Blacklisted," left off, with swinging ballads, Southern gothic ghost stories and players who know how to deliver the Case gospel.

Given her work schedule, it's a good thing that Case melds the personal and the professional: "My personal time is my road time and my studio time. Personal time is working ," Case said. "My closest friends and family are in bands that I'm around, anyway."

VICTORIA RENARD

KEEPING HER CLOTHES ON: New Pornographers vocalist Neko Case is a favorite of indie-rockers, though her countrified solo work sounds nothing like the Porns.

Born in Virginia, raised in Washington and art-schooled in Vancouver, Case has bases all over North America, from her ties with Chicago's Bloodshot Records (on which she released "Blacklisted" and her Neko Case & Her Boyfriends albums), her former bands in Canada and Seattle and her affinity for recording in Tucson, Ariz.

The new album reads like a collection of fables and prose, dark stories told with fluorescent lights of organ, steel guitar and stacked harmonies. She tells tales of ruined love in "Star Witness," channels her inner '60s homecoming queen with "That Teenage Feeling" and turns Bible thumper with her spin on "John Saw That Number." Animals play a prominent role in several songs.

"I come from an agrarian background," said Case. "That's how my family's fairy tales are structured, where animals have a lot of power. It gets into people's psyche."

A tour supporting the disc starts March 17 at the South by Southwest conference in Austin. She'll hit the 9:30 Club on April 9.

"I love touring, but it's because I don't go for very long at one time," Case said. "If I don't spend enough time with my dog, I get pretty crabby."

KATIE HASTY (BILLBOARD)

Are Kraus Not Men?

EPITAPH

The Robocop Kraus play some of the best angular funk since Q and Not U

The Robocop Kraus bring new New Wave to classic punk label

ROBO-ROCK | You can argue that the cleverest punks are not the ones who spend their lives avoiding soulless desk jobs but rather those who, having sold out to Corporation XYZ, convince their friends they're "taking it down from the inside."

Such is the spirit behind "They Think They are The Robocop Kraus," (Epitaph) an album that rails against glass-plastic-and-steel modernity with machine-cut New Wave precision.

Like Kraftwerk and Devo, The Robocop Kraus excels at downplaying its humanity. Singer Thomas Lang's voice isn't computer-like, but given the way he ponders life on "After Laughter Comes Tears," he hardly comes across as carbon-based.

The backing music uses its inorganic-ness to its advantage; "You Don't Have to Shout" has a marching, one-for-all chorus, and "All the Good Men" herks and jerks like vintage Gang of Four.

On "Life Amazes Us Despite Our Miserable Future," the band observes, almost with puzzlement, that people find joy in a world that could kill them at any second. Here, the band takes its robot shtick too far: it clearly enjoys the absurdity of life too much to detach from it completely.

K. PARTRIDGE (THE HARTFORD COURANT)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT

Scene vets Monopoli aim to bankrupt the competition, then buy Park Place.

Monopoli: More Fun than Chess

1 At their best, local quartet Monopoli sound like Radiohead (with a less annoying singer) or Coldplay (with cojones). Strong praise to be sure, but don't take our word — take the Black Cat's.

Black Cat, 1811 14th St. NW; 9 p.m., $7, with Spookey Ruben; 202-667-7960. (U St.-Cardozo)

George McGovern: Securing Socialism

2 George McGovern — senator, 1972 anti-war presidential candidate and anti-hunger advocate — ambles into Olsson's tonight to convince his audience that the only danger social security faces is from privatization.

Olsson's Books & Records, 418 7th St. NW; 7 p.m., free; 202-638-7610. (Gallery Place-Chinatown)

The Sisters of Mercy: Don't Call Me Goth!

3 One of the greatest goth bands of the '80s, the Sisters of Mercy still hate being called goth, but what's even more interesting about the metal-tinged group is that singer Andrew Eldritch's Grand Canyon-deep voice remains arresting after 26 years.

9:30 Club, 815 V St. NW; 8:30 p.m., $35, with the Warlocks; 202-265-0930. (U St.-Cardozo)

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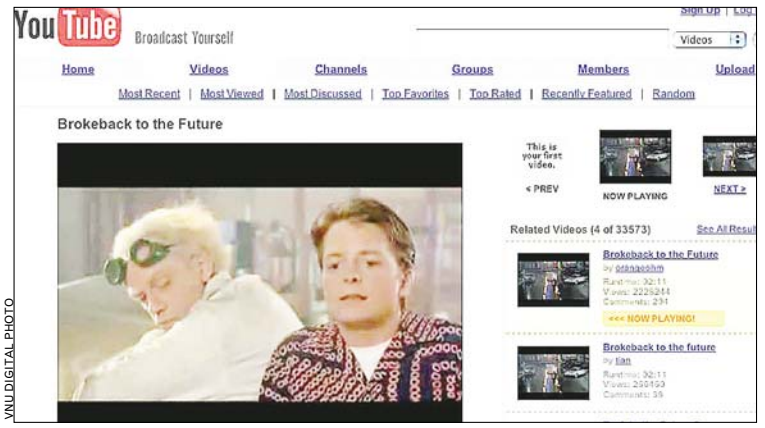
Entertainment

Visual Remixes

Do computers and the Web make screen mashups too easy?



VNU DIGITAL PHOTO

"Brokeback to the Future," one of scads of parodies, made it onto YouTube.com.

BLENDER | Tom Cruise zaps Oprah Winfrey with the Dark Side of the Force. Bert and Ernie pose as poster boys for gay cowboy love. Sweet, white-haired Mary Worth belts out Black Eyed Peas song lyrics: "I'm a make, make, make you scream!"

Entertainment from a parallel universe? Not exactly.

They're alterations of familiar pictures and videos posted on the Web. Artists, often anonymous, snag the images then mix them in a digital blender to create something new — usually something dripping with irony.

They're often called mashups, just like the do-it-yourself songs that combine tracks from separate tunes. And like song mashups, visual remixes are spreading like viruses around Web sites and blogs, those increasingly popular personal online journals.

With software making it easy to slice, dice and subvert everything from movie clips to comic strips, the unauthorized visual remixes could become a significant movement in digital art, a copyright lawyer's worst nightmare or both.

"We're at the start of an age when anyone can produce a short/joke/remix/recut and get it online and out to millions," said Demis Lyall-Wilson, who created a popular mashup movie trailer recasting "Sleepless in Seattle" as a stalker film.

But media executives are not amused. Entertainment companies zealously fight to protect their characters' images.

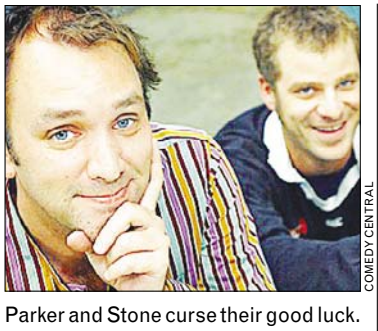
Whether a mashup is fair use depends on a number of factors, including how much gets used and whether the new work is used commercially. Ian C. Ballon, an intellectual-property attorney who has represented media companies, said that while legality can only be determined on a case-by-case basis, mashup artists face a real risk of liability.

Legal issues aside, putting the brakes on mashup artists might be a job that not even Superman could handle. Efforts to lock down unauthorized Web parodies are like trying to hammer Jell-O. Stuff just migrated elsewhere.

"Will the law ever catch up with this kind of momentum?" asked Kevin Parks, a copyright and trademark lawyer. "I don't think that's possible. These situations, they do not lend themselves to rules." MICHAEL HILL (AP)

Strangers to Controversy

The 'South Park' creators somehow dodged an uproar


COMEDY CENTRAL

Parker and Stone curse their good luck.

DRAWING FIRE | The animated TV series "South Park" (Wednesdays on Comedy Central at 10 p.m.) has gotten grosser over the years, but its creators are getting away with it.

Hardly anyone raised an eyebrow five years ago when the show depicted the Islamic prophet Muhammad, co-creator Trey Parker told Time magazine.

"We created a brand for ourselves, so that now people can't get mad at what we do, because then they're just making fun of themselves," said Parker, 36, as the show heads into its 10th season.

The first season was much tamer than the show is now, co-creator Matt Stone, 34, told Time.

"None of the shows we've done in the last two or three seasons could have been shown on air back in 1997," he said, Time reports in its latest issue.

Over the years, Stone and Parker have reached beyond their cartoon comfort zone to work on projects including the sitcom "That's My Bush!" and the movie "Team America: World Police." Another movie is unlikely, they said.

"We have a hungry baby we have to feed," Stone said. "'South Park' takes every idea." (AP)

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CURIOUS GEORGE (G) 2:15, 4:45, 7:05
FINAL DESTINATION 3 (R) 2:30, 4:55, 7:25, 9:55
FIREWALL (PG13) 1:40, 4:05, 7:10, 10:05
THE PINK PANTHER (PG) 1:35, 4:20, 6:40, 9:10
SOMETHING NEW (PG13) 9:20 PM
BIG MOMMA'S HOUSE 2 (PG13) 2:25, 5:20, 8:10, 10:35
TRANSAMERICA (R) ✓ 2:20, 5:15, 7:50, 10:20
UNDERWORLD: EVOLUTION (R) 8:00, 10:35
BROKEBACK MOUNTAIN (R) 1:25, 6:55
CAPOTE (R) 4:25, 10:00

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

16 BLOCKS (PG13) ✓ 1:40, 5:00, 8:45
AQUAMARINE (PG) ✓ 1:00, 4:30, 8:15
DAVE CHAPPELLE'S BLOCK PARTY (R) ✓ 4:40, 7:45
ULTRAVIOLET (PG13) ✓ 5:15, 8:10
DOOGAL (G) 4:30, 6:30
RUNNING SCARED (R) 8:20
MADEA'S FAMILY REUNION (PG13) 2:00, 5:15, 7:45
DATE MOVIE (PG13) 5:30, 8:00
EIGHT BELOW (PG) 1:30, 4:45, 8:00
CURIOUS GEORGE (G) 5:00, 6:50
FINAL DESTINATION 3 (R) 8:45
THE PINK PANTHER (PG) 4:50, 7:30
THE PINK PANTHER (PG) DS CC 4:50, 7:30

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

16 BLOCKS (PG13) ✓ 2:20, 5:10, 7:35, 10:00
ULTRAVIOLET (PG13) ✓ 2:10, 4:25, 7:45, 9:55
DOOGAL (G) 2:40, 5:00
MADEA'S FAMILY REUNION (PG13) 2:00, 4:35, 7:10, 9:45
EIGHT BELOW (PG) 2:00, 4:40, 7:20, 10:00
THE PINK PANTHER (PG) 2:30, 4:50, 7:30, 9:50
NANNY MCPHEE (PG) 7:00, 9:25
MATCH POINT (R) 2:50, 5:40, 8:35

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441 821

REEL MOMS
16 BLOCKS (PG13) 11:00 AM

16 BLOCKS (PG13) ✓ 2:00, 4:30, 7:00, 9:20
DAVE CHAPPELLE'S BLOCK PARTY (R) ✓ 2:20, 4:50, 7:20, 9:45
ULTRAVIOLET (PG13) ✓ 1:00, 3:30, 5:40, 8:20, 10:40
DOOGAL (G) 12:40, 3:00, 6:00
RUNNING SCARED (R) 1:10, 4:20, 7:05, 9:40
MADEA'S FAMILY REUNION (PG13) 1:20, 4:15, 6:45, 9:10
DATE MOVIE (PG13) 12:10, 2:40, 5:20, 8:10, 10:15
FREEDOMLAND (R) 12:20, 6:55
FIREWALL (PG13) 1:40, 5:10, 7:30, 10:00
THE PINK PANTHER (PG) 12:30, 2:50, 5:00, 7:15, 9:30
THE PINK PANTHER (PG) CC 12:30, 2:50, 5:00, 7:15, 9:30
SOMETHING NEW (PG13) 1:30, 4:40, 10:15
THE MATADOR (R) 7:40, 10:20
MATCH POINT (R) 12:50, 4:10, 7:50, 10:30
MUNICH (R) 12:00, 3:20, 6:50, 10:10
MEMOIRS OF A GEISHA (PG13) 3:10, 9:35
SYRIANA (R) 1:50, 5:20, 8:00, 10:50

LOEWS WISCONSIN AVE. 6
4000 Wisconsin Avenue, N.W.
202-244-0882 714

AQUAMARINE (PG) 2:10, 4:40, 7:10
DAVE CHAPPELLE'S BLOCK PARTY (R) 1:40, 4:10, 6:40
RUNNING SCARED (R) 1:50, 4:45
FREEDOMLAND (R) 6:55
CURIOUS GEORGE (G) 2:20, 4:35
FIREWALL (PG13) 2:00, 4:20
MUNICH (R) 7:30
BROKEBACK MOUNTAIN (R) 2:40, 6:20
BROKEBACK MOUNTAIN (R) CC 2:40, 6:20

LOEWS WHITE FLINT 5
North Bethesda
310-423-1014 741

MADEA'S FAMILY REUNION (PG13) 2:00, 4:25, 7:15
THE PINK PANTHER (PG) 2:10, 4:45, 7:45
MRS. HENDERSON PRESENTS (R) 2:00, 4:35, 7:00
TRANSAMERICA (R) 2:15, 5:00, 8:00
BROKEBACK MOUNTAIN (R) 4:20
CAPOTE (R) 2:00, 7:35

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

16 BLOCKS (PG13) ✓ 1:55, 5:05, 7:35, 10:00
AQUAMARINE (PG) ✓ 2:10, 4:30, 7:10, 9:30
DAVE CHAPPELLE'S BLOCK PARTY (R) ✓ 1:20, 2:35, 3:40, 5:00, 5:55, 7:30, 8:30, 9:55
ULTRAVIOLET (PG13) ✓ 1:25, 3:30, 5:35, 7:45, 9:50
DOOGAL (G) 1:45, 4:10, 7:00, 8:55
RUNNING SCARED (R) 2:20, 4:50, 7:25, 10:00
MADEA'S FAMILY REUNION (PG13) 1:15, 2:00, 3:00, 4:00, 4:40, 5:30, 6:30, 7:20, 8:00, 9:00, 9:50
DATE MOVIE (PG13) 1:50, 5:15, 7:10, 9:15
EIGHT BELOW (PG) 2:00, 4:45, 7:15, 9:55
FREEDOMLAND (R) 2:15, 7:00
CURIOUS GEORGE (G) 1:30, 3:25, 5:25, 7:25, 9:20
FINAL DESTINATION 3 (R) 2:30, 5:15, 7:40, 9:45
FIREWALL (PG13) 1:35, 5:10, 7:30, 9:45
THE PINK PANTHER (PG) 2:05, 4:50, 7:05, 9:10
THE PINK PANTHER (PG) DS CC 2:05, 4:50, 7:05, 9:10
WHEN A STRANGER CALLS (PG13) 5:00, 9:25
BIG MOMMA'S HOUSE 2 (PG13) 1:45, 5:10, 7:30, 9:40

AMC RIVERTOWNE 12
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

16 BLOCKS (PG13) 5:40, 8:10
AQUAMARINE (PG) 5:20, 8:10
DAVE CHAPPELLE'S BLOCK PARTY (R) 4:40, 5:50, 7:10, 8:30
ULTRAVIOLET (PG13) 4:30, 8:00
DOOGAL (G) 5:00
RUNNING SCARED (R) 4:50
MADEA'S FAMILY REUNION (PG13) 4:20, 5:30, 7:30, 8:20
DATE MOVIE (PG13) 5:10, 7:50
EIGHT BELOW (PG) 4:10, 7:20
FINAL DESTINATION 3 (R) 7:50
THE PINK PANTHER (PG) 5:50, 8:30
BIG MOMMA'S HOUSE 2 (PG13) 7:40

AMC UNION STATION 9
Located at Union Station
703-998-4AMC

16 BLOCKS (PG13) ✓ 2:30, 5:15, 8:10
DAVE CHAPPELLE'S BLOCK PARTY (R) ✓ 2:40, 5:00, 8:05
ULTRAVIOLET (PG13) ✓ 2:35, 5:40, 8:00
ULTRAVIOLET (PG13) CC ✓ 2:35, 5:40, 8:00
DOOGAL (G) 2:20, 4:50
RUNNING SCARED (R) 7:35
MADEA'S FAMILY REUNION (PG13) 2:00, 4:30, 7:30
DATE MOVIE (PG13) 2:05, 4:15, 7:45
EIGHT BELOW (PG) 2:15, 5:20, 7:50
CURIOUS GEORGE (G) 2:45, 5:30
FINAL DESTINATION 3 (R) 7:40
BIG MOMMA'S HOUSE 2 (PG13) 2:10, 4:45, 8:15

AMC COUNTRY CLUB MALL 6
Country Club Mall on Vocke Rd near Route 68.
703-998-4AMC

AQUAMARINE (PG) ✓ 5:15, 7:55
ULTRAVIOLET (PG13) ✓ 5:25, 7:55
DOOGAL (G) 5:45
DATE MOVIE (PG13) 5:15, 7:30
FREEDOMLAND (R) 7:45
CURIOUS GEORGE (G) 5:55
THE PINK PANTHER (PG) 5:35, 7:45
WHEN A STRANGER CALLS (PG13) 8:05

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220 844

16 BLOCKS (PG13) 2:50, 5:20, 7:50, 10:20
16 BLOCKS (PG13) CC 2:50, 5:20, 7:50, 10:20
DAVE CHAPPELLE'S BLOCK PARTY (R) 2:00, 3:00, 4:30, 5:30, 7:00, 8:00, 9:30, 10:30
ULTRAVIOLET (PG13) 1:10, 3:40, 6:10, 8:40, 10:45
RUNNING SCARED (R) 2:20, 7:20
MADEA'S FAMILY REUNION (PG13) 1:00, 1:30, 2:30, 3:30, 4:05, 5:00, 6:05, 6:30, 7:30, 8:30, 9:00, 10:00, 11:00
DATE MOVIE (PG13) 1:45, 3:45, 5:45, 7:45, 9:45
FREEDOMLAND (R) 9:45 PM
FINAL DESTINATION 3 (R) 2:40, 5:10, 7:40, 10:15
THE PINK PANTHER (PG) 3:20, 5:50, 8:20, 10:50
WHEN A STRANGER CALLS (PG13) 4:50, 9:50
BIG MOMMA'S HOUSE 2 (PG13) 2:15, 4:45, 7:15

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

NIGHT WATCH (R) 1:20, 4:40, 7:50, 9:50
MRS. HENDERSON PRESENTS (R) 2:00, 5:00, 7:20, 9:30
THE THREE BURIALS OF MELQUIADES ESTRADA (R) 1:10, 3:50, 7:40, 10:00
MATCH POINT (R) 1:30, 4:30, 7:10, 9:40
TRANSAMERICA (R) 1:40, 4:20, 8:00, 10:10
WHY WE FIGHT (PG13) 1:50
BROKEBACK MOUNTAIN (R) 1:00, 4:10, 7:00, 9:40
CAPOTE (R) 4:50, 7:30, 9:50

LOEWS DUPONT 5
1350 19th St.
202-872-9555 711

MRS. HENDERSON PRESENTS (R) 5:15, 8:15
MANDERLAY (NR-NOT RATED) 4:30, 7:30
WHY WE FIGHT (PG13) 5:30, 8:30
BROKEBACK MOUNTAIN (R) 4:45, 7:45
CAPOTE (R) 5:00, 8:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

16 BLOCKS (PG13) ✓ 12:05, 2:40, 5:20, 7:50, 10:20
AQUAMARINE (PG) ✓ 12:00, 2:40, 5:15, 7:55, 10:20
DAVE CHAPPELLE'S BLOCK PARTY (R) ✓ 12:30, 3:05, 5:35, 8:05, 10:35
ULTRAVIOLET (PG13) ✓ 12:25, 2:45, 5:10, 7:40, 10:00
DOOGAL (G) 12:10, 2:25, 4:40, 7:00
RUNNING SCARED (R) 1:30, 4:25, 7:15, 10:10
MADEA'S FAMILY REUNION (PG13) 12:10, 1:10, 2:50, 4:10, 5:25, 7:05, 8:00, 9:45, 10:30
DATE MOVIE (PG13) 12:20, 2:30, 4:50, 7:10, 9:15
EIGHT BELOW (PG) 1:05, 4:05, 7:05, 9:50
EIGHT BELOW (PG) CC 1:05, 4:05, 7:05, 9:50
FREEDOMLAND (R) 9:10 PM
CURIOUS GEORGE (G) 12:50, 3:15, 5:30, 7:45
FINAL DESTINATION 3 (R) 1:35, 4:35, 7:00, 9:20
FIREWALL (PG13) 12:35, 3:10, 5:40, 8:10, 10:35
THE PINK PANTHER (PG) 12:15, 1:15, 2:35, 3:35, 4:55, 5:55, 7:20, 8:10, 9:35, 10:30
SOMETHING NEW (PG13) 9:55 PM
BROKEBACK MOUNTAIN (R) 1:00, 4:15, 7:25, 10:25

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

16 BLOCKS (PG13) ✓ 12:00, 2:20, 5:00, 7:45, 10:20
AQUAMARINE (PG) ✓ 12:05, 2:30, 5:15, 8:00, 10:30
DAVE CHAPPELLE'S BLOCK PARTY (R) ✓ 1:35, 4:15, 7:00, 9:40
ULTRAVIOLET (PG13) ✓ 12:05, 2:25, 4:50, 7:15, 9:45
DOOGAL (G) 1:00, 3:15, 5:30, 7:45
RUNNING SCARED (R) 10:30 PM
MADEA'S FAMILY REUNION (PG13) 12:10, 1:05, 1:50, 2:35, 3:55, 4:40, 5:25, 6:45, 7:30, 8:15, 9:35, 10:20
DATE MOVIE (PG13) 12:30, 2:45, 4:55, 7:10, 9:30
EIGHT BELOW (PG) 1:30, 4:25, 7:20, 10:15
FREEDOMLAND (R) 10:25 PM
CURIOUS GEORGE (G) 1:05, 3:25, 5:45, 8:05
FINAL DESTINATION 3 (R) 1:55, 4:20, 6:50, 9:25
FIREWALL (PG13) 12:00, 2:30, 5:10, 7:50, 10:25
THE PINK PANTHER (PG) 12:10, 2:40, 5:05, 7:35, 10:05
THE PINK PANTHER (PG) DS CC 12:10, 2:40, 5:05, 7:35, 10:05

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

DOOGAL (G) 3:00, 5:00
FREEDOMLAND (R) 2:40, 5:45, 8:25
FINAL DESTINATION 3 (R) 8:20
FIREWALL (PG13) 3:10, 5:50, 8:15
THE PINK PANTHER (PG) 2:50, 5:10, 7:50
SOMETHING NEW (PG13) 5:40
TRANSAMERICA (R) ✓ 2:30, 5:35, 8:10
MUNICH (R) 2:00, 5:20, 8:40
THE CHRONICLES OF NARNIA (PG) 2:20, 8:30
GOOD NIGHT, AND GOOD LUCK (PG) 2:10, 5:30, 8:00

LOEWS WHEATON PLAZA 11
Viers Mill Rd. Btwn. Georgia & University
901-949-9202 746

16 BLOCKS (PG13) ✓ 4:10, 7:15, 10:00
16 BLOCKS (PG13) CC ✓ 4:10, 7:15, 10:00
AQUAMARINE (PG) ✓ 4:45, 7:35, 9:55
DAVE CHAPPELLE'S BLOCK PARTY (R) ✓ 4:15, 7:10, 9:35
ULTRAVIOLET (PG13) ✓ 4:40, 8:00, 10:10
DOOGAL (G) 5:20, 7:20
RUNNING SCARED (R) 9:20 PM
MADEA'S FAMILY REUNION (PG13) 4:05, 7:00, 9:45
DATE MOVIE (PG13) 5:20, 7:40, 9:35
EIGHT BELOW (PG) 4:20, 7:05, 9:40
CURIOUS GEORGE (G) 5:45, 7:50, 9:50
FINAL DESTINATION 3 (R) 7:30
THE PINK PANTHER (PG) 5:10, 7:20, 9:30
BIG MOMMA'S HOUSE 2 (PG13) 4:30, 9:50

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
703-506-9857 802

REEL MOMS
NANNY MCPHEE (PG) 11:00 AM

MRS. HENDERSON PRESENTS (R) 2:40, 5:20, 7:45, 10:00
NANNY MCPHEE (PG) 1:45, 4:20, 7:00, 9:10
MATCH POINT (R) 2:05, 4:45, 7:35, 10:05
TRANSAMERICA (R) 2:20, 4:40, 7:30, 9:45
MUNICH (R) 1:40, 5:10, 8:30
MUNICH (R) CC 1:40, 5:10, 8:30
MEMOIRS OF A GEISHA (PG13) 1:50, 5:00, 8:20
GOOD NIGHT, AND GOOD LUCK (PG) 2:00, 4:10, 7:20, 9:30
CAPOTE (R) 2:10, 4:45, 7:10, 9:35

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
202-966-5400 713

GOOD NIGHT, AND GOOD LUCK (PG) 2:00, 4:30, 7:00, 9:30

✓-SPECIAL ENGAGEMENT No passes or discount coupons
FEATURE PRESENTATION STARTS APPROX. 10-15 MINUTES AFTER PUBLISHED SHOWTIME

Times for Tuesday, March 7, 2006

Advance you.

"Careers" can move you up and ahead. **Mondays.**

express

X017a 3x15

Do you experience panic attacks?

Do you have sudden rushes of fear and discomfort that may include palpitations, shortness of breath, trembling, or lightheadedness?

If so, you may be eligible to participate in a treatment study.

Participants must:

- Be 18 years of age or older
- Have experienced panic symptoms for more than a month
- Have an available safety-person who may be involved in treatment

Qualified volunteers may be eligible for compensation.

For more information contact:
Anxiety Disorders Research Lab
American University, Washington, DC
202-885-1729

eeo/aa

REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14
701 Seventh St NW — 800-FANDANGO 1721#

Adv. Tix on Sale V FOR VENDETTA (R) - ID REQ'D ★
Adv. Tix on Sale AN AWESOME NIGHT WITH BEASTIE BOYS (R) - ID REQ'D ★
DAVE CHAPPELLE'S BLOCK PARTY (R) - ID REQ'D DIG (1205 100 240 420 520) 710 800 955 1045
ULTRAVIOLET (PG-13) DIG (1210 515) 735
16 BLOCKS (PG-13) DIG (1200 1255 235 330 510) 650 745 930 1020
MADEA'S FAMILY REUNION (PG-13) DIG (1215 1245 110 250 320 400 530) 640 725 810 920 1000 1040
RUNNING SCARED (R) - ID REQ'D DIG 1025
EIGHT BELOW (PG) DIG (120 410) 700 945
DATE MOVIE (PG-13) DIG (1225 230 445) 715 940
FIREWALL (PG-13) DIG 750
FINAL DESTINATION 3 (R) - ID REQ'D DIG (1250 310 545) 815 1035
THE PINK PANTHER (PG) DIG (1230 300 535) 755 1010
SOMETHING NEW (PG-13) DIG (1220 255 525)
THE THREE BURIALS OF MELQUIADES ESTRADA (R) - ID REQ'D DIG (130 430) 740 1030
OC: ULTRAVIOLET (PG-13) DIG (245) 950

BALLSTON COMMON STADIUM 12
Glebe Rd, Arlington — 800-FANDANGO 377#

Adv. Tix on Sale V FOR VENDETTA (R) - ID REQ'D ★
Adv. Tix on Sale AN AWESOME NIGHT WITH BEASTIE BOYS (R) - ID REQ'D ★
DAVE CHAPPELLE'S BLOCK PARTY (R) - ID REQ'D DIG (145 425) 725 1035
AQUAMARINE (PG) DIG (125 420) 720 1020
ULTRAVIOLET (PG-13) DIG (140 410) 740 950
16 BLOCKS (PG-13) DIG (115 200 415 510) 730 810 1005
MADEA'S FAMILY REUNION (PG-13) DIG (130 430) 735 1010
RUNNING SCARED (R) - ID REQ'D DIG 745 1030
EIGHT BELOW (PG) DIG (135 435) 715 1025
DATE MOVIE (PG-13) DIG (120 350) 650 930
SECOND CHANCE (PG-13) DIG (105)
CURIOUS GEORGE (G) DIG (1255 345)
MATCH POINT (R) - ID REQ'D DIG (400) 645 1000
BROKEBACK MOUNTAIN (R) - ID REQ'D DIG (100 405) 710 1015
CAPOTE (R) - ID REQ'D DIG (110 355) 655 955

BOWIE STADIUM 14
15200 Major Lansdale Blvd — 800-FANDANGO 454#

Adv. Tix on Sale V FOR VENDETTA (R) - ID REQ'D ★
DAVE CHAPPELLE'S BLOCK PARTY (R) - ID REQ'D DIG (115 215 400 500) 700 800 945 1045
ULTRAVIOLET (PG-13) DIG (150 440) 740 1005
16 BLOCKS (PG-13) DIG (210 410 455) 710 750 950 1040
MADEA'S FAMILY REUNION (PG-13) DIG (100 200 350 450) 645 745 930 1030
RUNNING SCARED (R) - ID REQ'D DIG 705 1000
DOOGAL (G) DIG (125 405)
EIGHT BELOW (PG) DIG (110 415) 720 1015
FINAL DESTINATION 3 (R) - ID REQ'D DIG (445) 1010
FIREWALL (PG-13) DIG (105)
THE PINK PANTHER (PG) DIG (145 425) 655 935
SOMETHING NEW (PG-13) DIG (205) 730

BETHESDA 10
7272 Wisconsin Avenue — 800-FANDANGO 568#

Adv. Tix on Sale V FOR VENDETTA (R) - ID REQ'D ★
AQUAMARINE (PG) DIG (1250 335) 715 1000
ULTRAVIOLET (PG-13) DIG (1245 330) 740 950
16 BLOCKS (PG-13) DIG (115 400) 730 955
DOOGAL (G) DIG (120 410) 705
MADEA'S FAMILY REUNION (PG-13) DIG (120 405) 650 1010
RUNNING SCARED (R) - ID REQ'D DIG 700 945
EIGHT BELOW (PG) DIG (1255 340) 720 1005
DATE MOVIE (PG-13) DIG (105 350) 725 1000
FIREWALL (PG-13) DIG 930
THE PINK PANTHER (PG) DIG (110 355) 710 935
CURIOUS GEORGE (G) DIG (125 415)
MRS. HENDERSON PRESENTS (R) - ID REQ'D DIG (100 345) 655 940

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy — 800-FANDANGO 690#

Adv. Tix on Sale V FOR VENDETTA (R) - ID REQ'D ★
Adv. Tix on Sale DCI CLASSIC COUNTDOWN (NR) ★
DAVE CHAPPELLE'S BLOCK PARTY (R) - ID REQ'D DIG (1210 1240 240 310 510 540) 730 810 1000
MADEA'S FAMILY REUNION (PG-13) DIG (1130 110 140 210 400 430 500) 640 710 740 920 950 1020
16 BLOCKS (PG-13) DIG (1200 150 250 420 520) 700 800 930 1030
ULTRAVIOLET (PG-13) DIG (1150 215 440) 720 940
AQUAMARINE (PG) DIG (1120 155 435) 715 955
DOOGAL (G) DIG (1235 245 455) 705
RUNNING SCARED (R) - ID REQ'D DIG 725 1015
EIGHT BELOW (PG) DIG (120 405) 650 935
DATE MOVIE (PG-13) DIG (1215 230 445) 655 915
FIREWALL (PG-13) DIG (1145 225 505) 750 1025
FINAL DESTINATION 3 (R) - ID REQ'D DIG (1230 300 525) 745 1005
THE PINK PANTHER (PG) DIG (1220 255 515) 735 1010
CURIOUS GEORGE (G) DIG (1155 220 450)
SOMETHING NEW (PG-13) DIG 910

COUNTRYSIDE STADIUM 20
45980 Regal Plaza — 800-FANDANGO 394#

Adv. Tix on Sale V FOR VENDETTA (R) - ID REQ'D ★
DAVE CHAPPELLE'S BLOCK PARTY (R) - ID REQ'D DIG (145 430) 745 1025
AQUAMARINE (PG) DIG (1150 140 240 420 520) 720 820 950
ULTRAVIOLET (PG-13) DIG (1140 1240 210 310 450 550) 740 840 1010
16 BLOCKS (PG-13) DIG (1220 200 300 440 540) 730 830 1020
DOOGAL (G) DIG (1135 150 415) 635
MADEA'S FAMILY REUNION (PG-13) DIG (1145 1215 215 315 445 545) 715 815 945
RUNNING SCARED (R) - ID REQ'D DIG (1250 340) 700 1000
EIGHT BELOW - DIGITAL PROJECTION (PG) DIG (110 400) 650 930
EIGHT BELOW (PG) DIG (1230 320)
DATE MOVIE (PG-13) DIG (1210 250 530) 800 1015
FREEDOMLAND (R) - ID REQ'D DIG 920
FIREWALL (PG-13) DIG (115 345) 645 915
FINAL DESTINATION 3 (R) - ID REQ'D DIG 910
THE PINK PANTHER (PG) DIG (1200 130 230 410 510) 710 810
CURIOUS GEORGE (G) DIG (120 350) 620
NANNY MCPHEE (PG) DIG (100) 630
TRANSAMERICA (R) - ID REQ'D DIG (220 500) 750 1030
BROKEBACK MOUNTAIN (R) - ID REQ'D DIG 640 940
CHRONICLES OF NARNIA (PG) DIG (330) 900
CAPOTE (R) - ID REQ'D DIG 850

ROCKVILLE CENTER STADIUM 13
Rockville Town Center — 800-FANDANGO 248#
Free Theatre Parking- Monroe Street Garage
Weeknights after 6 PM- all day Saturday/Sunday

Adv. Tix on Sale V FOR VENDETTA (R) - ID REQ'D ★
Adv. Tix on Sale AN AWESOME NIGHT WITH BEASTIE BOYS (R) - ID REQ'D ★
DAVE CHAPPELLE'S BLOCK PARTY (R) - ID REQ'D DIG (1255 415) 720 955
AQUAMARINE (PG) DIG (1235 350) 745 1025
ULTRAVIOLET (PG-13) DIG (1215 240 510) 730 950
16 BLOCKS (PG-13) DIG (1200 1245 230 405 500) 705 740 945 1020
DOOGAL (G) DIG (1240 245 450) 700
MADEA'S FAMILY REUNION (PG-13) DIG (1230 355) 725 930 1010
RUNNING SCARED (R) - ID REQ'D DIG 750 1035
EIGHT BELOW (PG) DIG (100 410) 655 1000
DATE MOVIE (PG-13) DIG (1220 235 455) 715 935
FIREWALL (PG-13) (1225) 1030
FINAL DESTINATION 3 (R) - ID REQ'D DIG (1250 400) 710 940
THE PINK PANTHER (PG) DIG (1205 225 505) 735 1005
CURIOUS GEORGE (G) DIG (1225 250 515)
OC: NANNY MCPHEE (PG) (300) 755

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Adv. Tix on Sale V FOR VENDETTA (R) - ID REQ'D ★
Adv. Tix on Sale DCI CLASSIC COUNTDOWN (NR) ★
MADEA'S FAMILY REUNION (PG-13) DIG (150 430) 720 1000
CURIOUS GEORGE (G) DIG (130 350) 715 930
DOOGAL (G) DIG (100 310 520) 730
TRANSAMERICA (R) - ID REQ'D DIG (140 425) 700 945
RUNNING SCARED (R) - ID REQ'D DIG (120 410) 740 1020
THE WORLD'S FASTEST INDIAN (PG-13) DIG (110 405) 705 1005
CHRONICLES OF NARNIA (PG) DIG (1255 400) 710 1010
FINAL DESTINATION 3 (R) - ID REQ'D DIG (145 420) 725 955
SOMETHING NEW (PG-13) DIG (115 340) 645 920
MATCH POINT (R) - ID REQ'D DIG (105 355) 655 950
FREEDOMLAND (R) - ID REQ'D DIG 940

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Adv. Tix on Sale V FOR VENDETTA (R) - ID REQ'D ★
16 BLOCKS (PG-13) DIG (1200 120 225 410 500) 720 805 1010
MADEA'S FAMILY REUNION (PG-13) DIG (115 200 415 500) 715 800 1015
DAVE CHAPPELLE'S BLOCK PARTY (R) - ID REQ'D DIG (140 420) 730 1020
AQUAMARINE (PG) DIG (1220 330) 715 1005
ULTRAVIOLET (PG-13) DIG (1210 230 450) 730 955
DOOGAL (G) DIG (1215 230 445) 700
RUNNING SCARED (R) - ID REQ'D DIG 710 1000
EIGHT BELOW (PG) DIG (1245 345) 705 1000
DATE MOVIE (PG-13) DIG (130 400) 710 940
FIREWALL (PG-13) DIG (100 400) 740 1020
FINAL DESTINATION 3 (R) - ID REQ'D DIG 950
THE PINK PANTHER (PG) DIG (1215 245 510) 745 1015
CURIOUS GEORGE (G) DIG (1200 220 440) 700 920
BIG MOMMA'S HOUSE 2 (PG-13) DIG (110 355)

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr — 800-FANDANGO 570#

Adv. Tix on Sale V FOR VENDETTA (R) - ID REQ'D ★
Adv. Tix on Sale AN AWESOME NIGHT WITH BEASTIE BOYS (R) - ID REQ'D ★
Adv. Tix on Sale DCI CLASSIC COUNTDOWN (NR) ★
DAVE CHAPPELLE'S BLOCK PARTY (R) - ID REQ'D DIG (115 415) 730 1015
AQUAMARINE (PG) DIG (115 400) 715 950
ULTRAVIOLET (PG-13) DIG (145 445) 745 1005
16 BLOCKS (PG-13) DIG (1245 145 330 430) 645 730 930 1015
DOOGAL (G) DIG (100 345) 645
MADEA'S FAMILY REUNION (PG-13) DIG (100 200 400 500) 715 800 1000
RUNNING SCARED (R) - ID REQ'D DIG (1230 315) 700 950
EIGHT BELOW (PG) DIG (1230) 700
DATE MOVIE (PG-13) DIG (200 500) 815 1020
FREEDOMLAND (R) - ID REQ'D DIG 940
FIREWALL (PG-13) DIG (130 415) 745 1020
THE PINK PANTHER (PG) DIG (130 445) 800 1010
CURIOUS GEORGE (G) DIG (1245 330) 630
BROKEBACK MOUNTAIN (R) - ID REQ'D DIG 930
OC & DA: EIGHT BELOW (PG) DIG (315) 940

MANASSAS STADIUM 14
11380 Bulloch Drive — 800-FANDANGO 490#

Adv. Tix on Sale V FOR VENDETTA (R) - ID REQ'D ★
Adv. Tix on Sale AN AWESOME NIGHT WITH BEASTIE BOYS (R) - ID REQ'D ★
DAVE CHAPPELLE'S BLOCK PARTY (R) - ID REQ'D DIG (1230 330) 720 950
AQUAMARINE (PG) DIG (100 400) 725 1005
ULTRAVIOLET (PG-13) DIG (1150 210 430) 740 1000
16 BLOCKS (PG-13) DIG (1225 1255 300 340) 700 730 930 1010
DOOGAL (G) DIG (1130 150 410) 705
MADEA'S FAMILY REUNION (PG-13) DIG (1210 1240 250 320) 710 745 945 1020
RUNNING SCARED (R) - ID REQ'D DIG 640 925
EIGHT BELOW (PG) DIG (1215 310) 650 935
DATE MOVIE (PG-13) DIG (1155 225 445) 750 955
FIREWALL (PG-13) DIG (1250 345) 645 920
FINAL DESTINATION 3 (R) - ID REQ'D DIG 915
THE PINK PANTHER (PG) DIG (1200 220 440) 800 1015
CURIOUS GEORGE (G) DIG (1140 200 420) 720 940
BIG MOMMA'S HOUSE 2 (PG-13) DIG (105 350)

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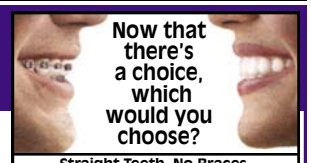

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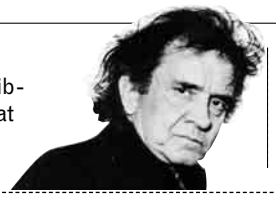
FDIC

A CLOSE WATCH ON CASH: Our own Maryland Public Television pays tribute tonight to the Man in Black with "Johnny Cash: An Anthology," a look at the late country icon through performances, archival footage and photos.



Television

ON TV TONIGHT

HOW CAN WE MISS YOU WHEN YOU WON'T GO AWAY?

JOEY (NBC, 8 p.m.) returns tonight, if only to serve as ratings cannon-fodder opposite "American Idol."

SMART TALK

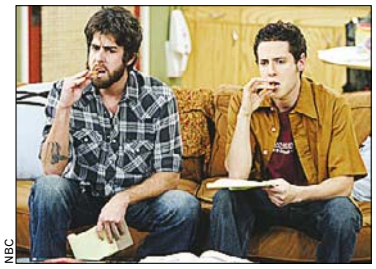
The voice of the late Don Adams ("Get Smart") can be heard in the cartoon release **THE BEST OF TENNESSEE TUXEDO**, now available on DVD.

GOOD LUCK GETTING THEM

A dead patient may hold lifesaving clues on **HOUSE** (9 p.m., Fox).

AMERICA, OH YEAH!

THE UNIT (9 p.m., CBS) Filled with nail-biting action, commando raids and shoot-'em-ups from Afghanistan to Idaho, this debut also concerns the wives and families of secret agents, which provides an interesting diversion from all of the derring-do.



NBC

HMMM: How come Matt LeBlanc has a sitcom and these dudes don't?

YOU'RE ALL CRAZY

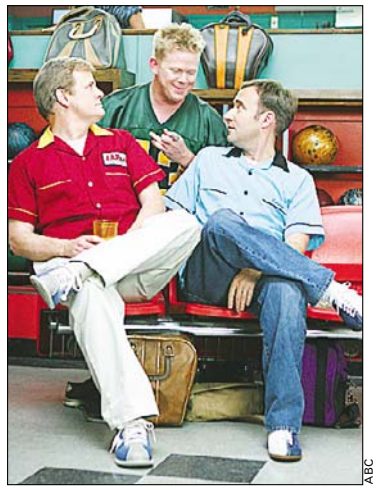
Wedding planners and brides attempt to stay sane on **WHOSE WEDDING IS IT ANYWAY?** (10 p.m., Style). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Let's Talk About Me

'Sons & Daughters' taps a tired well of zany family antics

DEBUT | We live in interesting times, when modest hits like "The Office" and since-canceled series like "Arrested Development" serve as laboratories for comedy experiments. The new series "Sons & Daughters" (9 & 9:30 p.m., ABC) bears the genetic footprint of both series.

Fred Goss stars as Cameron, the middle-aged, middle-class father and stepfather at the center of this sprawling series. While not presented as a documentary, "Sons" shares a loose, improvisational style with "The Office." And in many scenes Goss appears to be channeling Steve Carell's rather brittle, loopy manner.



ABC

Just three of the many characters in "Sons & Daughters," all of them selfish.

"Sons" will appeal to fans of the unhinged cast of immature characters on "Arrested Development." The adults and adolescents are on the same emotional level, and nobody can keep a secret or repress their most mortifying instincts.

Juggling overlapping stories, "Sons" has an enormous cast that demands considerable attention from its audience. If the demise of "Arrested" taught us anything, it's that it's tough to muster much sympathy for characters who speak (or care) only about themselves. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

3.7.06		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News CC		NBC Nightly News	Access Hollywood	Joey (N) CC	Joey CC	Scrubs (N) CC	Scrubs CC	Law & Order: Special Victims Unit		News CC	Tonight Show
	WTTG 5	Seinfeld CC	The Simpsons	The Simpsons	Seinfeld CC	American Idol "Week 8A" CC		House "Sex Kills" (N) (PA) CC		News		Geraldo at Large	Friends CC
	WJLA 7	News CC	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	According to Jim	According to Jim	Sons & Daughters	Sons & Daughters	Boston Legal "Shock and Oww!" (N)		News CC	(:35) Nightline
	WUSA 9	News CC	CBS News	9News Tonight	Ent. Tonight	NCIS "Ravenous" (iTV) (N) CC		The Unit "First Responders" CC		The Amazing Race 9 (N) CC		News CC	Late Show
	WDCA 20	That '70s Show	That '70s Show	Friends CC	Every-Raymond	America's Next Top Model CC		Hates Chris	Girlfriends CC	The Tyra Banks Show Clearing clutter.		Girlfriends CC	Girlfriends CC
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Great Performances "Andrea Bocelli: Amore Under the Desert Sky" CC				The Johnny Cash Anthology CC			Direct Connection
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Enjoying Wine With Mark Phillips CC				From the Heart: The Four Tops 50th Anniversary Celebration CC			
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Jazz The birth of bebop; the death of Glenn Miller over the English Channel.				BBC World News	Tavis Smiley	Charlie Rose (N) CC	
	WBDC 50	Steve Harvey	The Parkers	My Wife and Kids	Bernie Mac	Gilmore Girls CC		Supernatural "Scarecrow" CC		Bernie Mac	My Wife and Kids	Sex and the City	Will & Grace
BASIC CABLE	A&E	American Justice: Erin Brockovich		Cold Case Files CC		Road Warriors: Biker Brother.		Dog the Bounty Hunter CC		Airline CC	Airline CC	Crossing Jordan CC	
	Animal	The Crocodile Hunter CC		The Most Extreme Deadly snakes.		Profiles of Nature CC		The Most Extreme Transformations.		Weird, Bad & Ugly CC		Profiles of Nature CC	
	BET	106 & Park: BET's Top 10 Live			"Back in the Day" (2004, Drama) Ja Rule. An old friend lures a young man back to a life of crime.					College Hill		In Living Color	In Living Color
	Bravo	Viral Videos	Viral Videos	The West Wing CC		Viral Videos	Viral Videos	Project Runway "Reunion" CC		Project Runway CC		Outrageous Live TV 3	
	Comedy	(5:00) ★★★ "Bull Durham" (1988)		Com.-Presents	Reno 911! CC	Daily Show	Colbert Report	Chappelle's Show	South Park CC	Distraction (N)	Mind of Mencia	Daily Show	Colbert Report
	Court	Forensic Files	Forensic Files	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC	Las Vegas Law	Beach Patrol	Masterminds	Masterminds
	Discovery	Cash Cab CC	Cash Cab CC	Dirty Jobs Turkey and potatoes.		MythBusters "Shredded Plane" CC		Dirty Jobs Mushroom farming. (N)		Stunt Junkies	Stunt Junkies	Deadliest Catch "Good Fishing"	
	DISCH	Paramedics "Silicon Valley Saviors"		Trauma: Life in the ER CC		Dr. Know (N)	Dr. Know CC	Who Rules the Roost "The Friths" (N)		Diagnosis: Unknown CC		Dr. Know CC	Dr. Know CC
	Disney	Sister, Sister	Zack & Cody	Phil of the Future	That's So Raven	★★ "Double Teamed" (2002, Drama) Annie McElwain, Poppi Monroe. CC				American Drgn	Sister, Sister	Zack & Cody	That's So Raven
	E!	Number 1 Single	The Simple Life	E! News (N)	E! News	Hollywood Baby Boom 2		Worst Red Carpet Moments		Fashion: Academy Awards		Saturday Night Live CC	
	FX	King of the Hill	King of the Hill	That '70s Show	That '70s Show	★★ "Anger Management" (2003, Comedy) Adam Sandler, Jack Nicholson.				The Shield "Smoked" (N) CC		(:05) The Shield "Smoked" CC	
	HGTV	Renovation	Wknd Warriors	Curb Appeal	House Hunters	Designed to Sell	Design Remix	Decorating Cents	Mission: Orgnz	House Hunters	Buy Me	Parents House	Designer Finals
	Family	7th Heaven "Blind" CC		Smallville "Scare" CC		★★ "Jack Frost" (1998, Fantasy) Michael Keaton, Kelly Preston. CC				Whose Line?	Whose Line?	The 700 Club CC	
	History	History Now Terrorist group al-Qaida.		Modern Marvels: Paving America		Mail Call "War in the Pacific" The celebration of VJ Day.			Marvel: Bullets	Modern Marvels: Harvesting CC		Modern Marvels: The St. Louis Arch	
	Lifetime	The Golden Girls	The Golden Girls	"The Patron Saint of Liars" (1998, Drama) Dana Delany, Ellen Burstyn. CC				"Final Jeopardy" (2001, Suspense) Dana Delany, Billy Burke. Premiere. CC				Frasier CC	Frasier CC
	MTV	Parental Control	Parental Control	Direct Effect		Wild & Out	Wild & Out	The Real World "Key West" CC		The Real World	8th & Ocean	R. Wrld Chal.	R. Wrld Chal.
	NICK	Ned's School	Danny Phantom	Fairly Oddparents	Jimmy Neutron	SpongeBob	All Grown Up	Full House CC	Hi-Jinks (N) CC	Roseanne CC	Roseanne CC	Roseanne CC	The Cosby Show
	SCIFI	Stargate SG-1 "Heroes" CC		★★★ "Dog Soldiers" (2002, Horror) Sean Pertwee, Kevin McKidd. CC				★★ "Painkiller Jane" (2005) Emmanuelle Vaugier, Tate Donovan. CC				"Code Red: Rubicon"	
	SPIKE	World's Wildest Police Videos CC		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation CC		CSI: Crime Scene Investigation CC		King of Vegas (N)		World's Most Amazing Videos CC	
	TBS	Seinfeld CC	Seinfeld CC	Every-Raymond	Every-Raymond	Friends CC	Friends CC	Sex and the City	Sex and the City	(:15) Seinfeld	(:45) Seinfeld	(:15) ★ "Lost & Found" (1999) CC	
	TLC	Martha CC		Rides "Hollywood Speed" CC		Overhaulin' "SEMA" CC		Overhaulin' Model A Ford project. (N)		Miami Ink "Rock 'n' Roll All Night" (N)		Miami Ink "Rock 'n' Roll All Night"	
	TNT	Charmed "The Devil's Music" CC		Law & Order "House Calls"		Law & Order "3 Dawg Night"		Law & Order "Enemy" CC (DVS)		The Closer "LA Woman" CC		Cold Case "Lover's Lane" CC	
	USA	"To Wong Foo, Thanks"		Law & Order: Special Victims Unit		Law & Order: Criminal Intent CC		★ "Coyote Ugly" (2000, Drama) Piper Perabo, Adam Garcia. CC				Law & Order: Criminal Intent CC	
	VHI	Reality TV Secrets Revealed		★★ "Reality Bites" (1994, Comedy-Drama) Winona Ryder, Ethan Hawke.				I Love Toys		I Love Toys (N)		The Flavor of Love	
SPAN.	TELEM	Sala de Parejas	Noti-Telemndo	La Tormenta		Tierra de Pasiones		Corazón Partido	Decisiones	Decisiones		Noti-Telemndo	Laura
	UNIV	¡Que Locura!	Noticiero Univ	Peregrina		Contra Viento y Marea		Alborada		Premios Furia Musical		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live) CC		College Basketball Mid-Continent Tournament Final -- Teams TBA. CC				College Basketball Horizon League Tournament Final -- Teams TBA. CC				SportsCenter (Live) CC	
	ESPN2	Baseball: World Classic		Interruption	Women's College Basketball Big East Tournament Final -- Teams TBA. CC				College Basketball Sun Belt Conference Tournament Final -- Teams TBA.				Quite Frankly
	CSN	Poker -- Learn	SportsNite CC	NBA Basketball Boston Celtics at Washington Wizards. From MCI Center in Washington, D.C.					Wizards Post.	SportsNite (Live) CC		ACC All-Access	Best-Sports
NEWS	CNN	Lou Dobbs Tonight CC		The Situation Room		Paula Zahn Now CC		Larry King Live (N) CC		Anderson Cooper 360 CC			
	FNC	Special Report (Live) CC		The Fox Report With Shepard Smith		The O'Reilly Factor (Live) CC		Hannity & Colmes (Live) CC		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	The Abrams Report		Hardball CC		Countdown With Keith Olbermann		Rita Cosby Live & Direct		Scarborough Country		Hardball CC	
MOVIES	AMC	(5:45) ★★★ "The River Wild" (1994, Suspense) Meryl Streep. 'PG-13'				★★ "Murder by Numbers" (2002, Mystery) Sandra Bullock, Ryan Gosling, Michael Pitt. 'R'				★★ "Point of No Return" (1993) Bridget Fonda. 'R'			
	TCM	Made-Broad.	★★ "Hide-Out" (1934) Robert Montgomery. 'NR' CC			★★★★ "His Girl Friday" (1940, Comedy) Cary Grant. 'NR' CC				★★★★ "The Philadelphia Story" (1940) Cary Grant. 'NR' CC (DVS)			
	HBO	(4:30) ★★★★ "Titanic" (1997, Drama) Leonardo DiCaprio. 'PG-13' CC				★★ "The Ring Two" (2005, Horror) Naomi Watts. 'PG-13' CC				Real Sports (N) CC		★★ "The Chronicles of Riddick"	
	MAX	(5:05) ★★★ "Amistad" (1997) Morgan Freeman. 'R' CC		MAX on Set		★★ "Meet the Fockers" (2004, Comedy) Robert De Niro. 'PG-13' CC				★★★ "Criminal" (2004) John C. Reilly. 'R' CC		Sexual Surrender	
	SHOW	(5:00) Knock Off	(:45) ★★ "Godsend" (2004, Suspense) Greg Kinnear. iTV. 'PG-13' CC				★★ "Code 46" (2003) Tim Robbins. iTV Premiere. 'R'			Sleeper Cell "Hijack" (iTV) CC		The L Word (iTV) CC	
	TMC	(4:40) Dirty Deeds	(:20) ★ "Triggermen" (2002) Donnie Wahlberg. 'R' CC			★★★ "Pieces of April" (2003) Katie Holmes. 'PG-13'			★★ "The Big Empty" (2003) Jon Favreau. 'R' CC			(:05) ★ "Octane" (2003) 'R' CC	
	STARZ!	★★ "So I Married an Axe Murderer"		(:15) ★★ "Last Man Standing" (1996, Crime Drama) Bruce Willis. 'R' CC				★★ "A Lot Like Love" (2005) Ashton Kutcher. 'PG-13' CC				(10:50) ★★ "Cursed" (2005) 'PG-13'	
	ENCORE	(:05) ★★ "French Kiss" (1995, Comedy) Meg Ryan. 'PG-13' CC				★★ "Jersey Girl" (2004) Ben Affleck. 'PG-13' CC			(:45) ★★★ "Hero" (2002, Action) Jet Li, Maggie Cheung. 'PG-13' CC			★ The Skulls	

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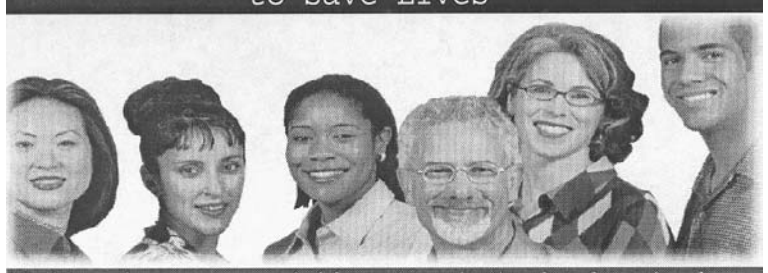
Healthy Volunteers Needed: Help Try to Build a Malaria Vaccine to Save Lives



Healthy volunteers are needed for an investigational study testing the safety of a research malaria vaccine and its ability to generate immunity. If you are male or non-pregnant female, healthy and between the ages of 18 and 50 and have never been exposed to malaria, please consider participating in this study. All study-related tests and medications are provided at no cost. The vaccine will not infect you with malaria.

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Healthy volunteers are needed for a National Institutes of Health study testing the safety of a research malaria vaccine and its ability to generate immunity.

Please consider participating in this study if you are:
- Male or non-pregnant female
- Healthy
- Between the ages of 18 and 50
- Never been exposed to malaria

All study-related tests and medications are provided at no cost. The vaccine will not infect you with malaria.

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Center for Immunization Research
Principal Investigator: Anna Durbin, MD

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For Research Studies

Dependable healthy adults 18-50 years of age
Available to participate in an entire study
You will receive a free medical evaluation
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Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

Sleepless in DC, MD or VA?

If you are 18 or older, and have had TROUBLE STAYING ASLEEP for one month or more, you may be eligible for an insomnia research study at no cost to you.

CALL:
CAPITAL CLINICAL RESEARCH ASSOCIATES
301-770-7375

Walter Reed is Seeking Healthy Research Volunteers

Purpose: **Study an experimental vaccine designed to protect people from dengue**

Design: **Free health screening**
2 doses of the experimental vaccine or placebo
Study duration of 9 months
A total of 11 clinic visits
(8 visits taking place over 2 months)

Eligibility: **Men and women in good health**
18-45 years old
Civillian or military

Financial compensation is provided

Call the Walter Reed Army Institute of Research

1 - 866 - 856 - 3259

Can't quit smoking?

If you are a smoker and want to quit, You may be interested in a study conducted by University of Maryland Smoking Group

***If qualified, you will get free help with quitting smoking and *compensation for your time*

Please call 301-405-8899
or email
smokefree_2004@yahoo.com

This study is sponsored by the National Institute on Drug Abuse

Depressed Again?

If you have been depressed before and are now
Depressed Again...

You may be eligible to participate in a research study. You must be between the ages of 18 and 65 and suffer from recurrent depression. Participants will receive investigational study-related medical care and lab work.

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☑ *Between the ages of 21 and 65?*
☑ *Attention Deficit Disorder (ADD)?*
☑ *Want to quit drinking?*

The National Institute on Alcohol Abuse and Alcoholism, one of the National Institutes of Health, needs persons with ADD who are also seeking treatment for alcohol problems. Participants will receive treatment (without charge) as part of a research study.

If you think you may qualify, call 301-451-0689.

NIAAA

DEPRESSION?

Have you felt depressed and down for more than two months? Have you tried using antidepressants before, but have still not felt better?

Dupont Clinical Research in Rockville, Maryland is looking for volunteers who have Major Depression to participate in a clinical research trial of a new investigational medication.

Study participation is free and compensation for time and travel is provided. For more information call 301-231-9011 or visit us on the web @ www. dupontclinicalresearch.com

FEELING SAD, DEPRESSED?

ARE YOU:

having depressed moods feeling agitated
sleeping poorly concentrating poorly feeling guilty
losing interest in activities you once enjoyed

Dr. Marc Hertzman is conducting a clinical research trial study in people with depression. If you are 18 to 65 years old, you may qualify to participate in this research study. You will receive study related-medical care at no cost to you. To find out if you are eligible for the study, please contact us at 301-984-8800

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VOLUNTEERS NEEDED for a study funded by NIH using new techniques to treat insomnia. If you have chronic sleep difficulties, but are in good physical health, you may be eligible to participate. To sign up or for more information, visit our website www.healthtrials.org or call us at 703-758-0001. Participation is absolutely free and limited to the first 100 qualified applicants so act NOW.

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Patients With Gum Overgrowth

The National Institute of Dental and Craniofacial Research seeks patients taking medications that cause enlarged gums (dilantin, cyclosporine and calcium channel blockers).

All study participants will have an examination of their teeth and gum tissues. If you have a gum enlargement, we will offer to remove it for you using standard treatment.

All study-related tests and medications at the NIH Clinical Center are provided at no cost.

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If so, you may be eligible to participate as a volunteer in a clinical study of an already approved medication for the treatment of gastroesophageal reflux disease (GERD).

Eligible participants will receive study related medical exams, lab tests and medication at no charge. Reimbursement for time and travel may also be available.

TO PARTICIPATE YOU MUST:
- Be at least 18 years old
- Have a history of GERD-related symptoms for at least 6 months
- Be experiencing heartburn on at least 4 days during the last week prior to inclusion in the study.

For additional information and to see if you qualify as a volunteer, please contact:
Ericka Ricklefs @ 703-698-9254 ext. 16 and 20

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JOBS

Accounting

Accounting Specialist

Trade Association has immediate opening for Accounting Specialist. Duties to include processing/recording daily cash receipts and bank deposits as well as processing weekly advertising billings and maintaining documentation. Excellent knowledge of windows-based compatible PC operation and spreadsheet programs essential for LAN. MS Word and Excel a must. Familiarity with Great Plains Dynamics software a plus as well as an association management software (i.e. iMIS or netForum). Three to five years experience with accounts receivables. Must be detailed-oriented, willing and able to deal effectively with all levels of staff and work independently and under pressure with multiple deadlines. Send resume with salary history to: Human Resources, APTA, 1666 K Street, NW. Suite 1100, Washington DC 20006 or fax resume to 202-496-4323 or email to **aptajobs@apta.com.**
EOE M/F/D **Principals**

Accounting

CONTROLLER

Non-profit mental health/DD. Responsible for contracts, grants, state funding and supervise accounting staff. Minimum 5 years experience. CPA preferred but not necessary. Fax cover letter with salary requirements to 301-918-9758 or email:
jstout@fsfinc.org
EOE

ADMIN ASST
Immigration law firm BA & 2 yrs exp. Fluent Spanish. Exc writing/people skills. Competitive salary and benefits incl. in office massage. Resumes to Paul Haar 1150 Connecticut Ave NW #900, WDC 20036 or email paulhaar@aol.com

Administrative Assistant
For busy optical in Beltsville MD. Please contact Matt 301-902-2651 or apply online at costco.com

Advertising

Account Services

Jr. Account Exec. Top ad agency in DC market seeks a star. Agency exp. a plus! Fabulous working environment. Work with the best in the Real Estate market. Must love fast pace, supreme org. skills and a people person. Please send resumes to hr@wwafsp.com

Advertising

Print Production Manager

Local ad agency needs top shelf print production manager with minimum 10 years agency experience in all phases of electronic and conventional systems, four-color printing and an understanding of graphics terminology and production procedures. Position requires in-depth knowledge of publication specifications, SWOP standard specifications, digital specifications, pre-press expertise and working knowledge of Photoshop, Quark, Illustrator, Acrobat and Flight Check. Responsibilities include estimating, scheduling and all agency contact with printers and vendors. Excellent benefits and competitive salary. Please send resume, cover letter and salary requirements to printadv06@yahoo.com

ADVERTISING

Seeking **Account Executive/Marketing Manager:** must have 3 to 5 years experience managing advertising projects from start to finish. Creating and managing direct mail campaigns a plus.

Send resumes with salary requirements to John McLaughlin at jmclaughlin@silvermktg.com

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JOBS

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National non-profit on Capitol Hill has F/T position open for exp'd. Ofc Assistant. Must be detail oriented, possess excellent communication & organizational skills. Strong PC skills including MS Office 2000+ a must. BA or BS preferred. Salary $23-28K. Email or fax cover ltr & resume to J. Davenport at adminjobs@nca-online.org / 202-548-0099. EOE

Auto Mechanic — Limo FT wknds. $15. Must know Lorton VA. bf 703-550-7200

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Family owned GM dealership in Silver Spring looking for F/T exper'd Parts Driver w/knowledge of DC Metro area. Also seeking Warehouse Person w/GM exper. Great benefits, paid vac., 401k plan. Ask for Mike Kelleher or Mike Kober at 301-890-1818

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Fast-paced NOVA dealer seeks exp'd Tag & Title processor w/minimum 1 yr exp. Must be hard-working, detail-oriented for this job. Great pay & benes. For interview, Please fax your resume attn to Tasha at 703-237-4586 or
Email: tasha@wherethepoweris.com

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BEAUTY — Exp. Nail Technician wanted or rent space. Upper G'town. Good oppty. 202-337-8941

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Must have transportation. Daytime 703-489-9758 Evenings 703-716-7333

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Construction

Contract Administrator

Established Northern Virginia commercial general contractor has an immediate opening for an experienced contract administrator. The qualified candidate will perform all aspects of contract and subcontract administration and meet the following requirements: ability to work well with co-workers and senior level management, act as a liaison between project managers and accounting department, exceptional organizational skills, and be proficient in Word, Excel and construction job cost accounting systems (Timberline preferred). Able to work with limited supervision, ability to prioritize and juggle multiple tasks, and meet deadlines. Qualified candidates will have a minimum of three years commercial contract construction experience. Excellent salary and benefits package that includes health, life, disability and 401k Match. Submit your confidential resume, including salary history to:
contractadminster@Gmail.com

COOK/KITCHEN SUPERVISOR

Min 5 yrs exper. P.G. Co. Food Handlers lic. Elegant Southern style cooking. FAX res: 301-967-7073.

JOBS

CONSTRUCTION

EQUIPMENT OPERATORS

For residential, loaders, dozers, excavators. Experience preferred. Call Garn 410-991-3865 or 410-991-3864

Construction
Project Manager
Paramount Construciton services is accepting applications for a project manager for the DC metro area. Applicants must have a working knowledge of kitchen and bathroom remodeling for commercial properties. Fax resumes to Christian at 703-964-3235

COOK—Needed F/T for 6am-2:30pm shift at retirement community in Reston, VA. Set menu with same number of meals daily. Competitive salary with excellent benefits. Some weekends off. Apply at Tall Oaks At Reston, 12052 N. Shore Dr, Reston, VA 20190: Fax 703-834-9863, Email: johnalbert@talloaksatreston.com EOE

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Stars and Stripes, the independent newspaper for the U. S. military overseas, has openings for **COPY EDITORS** in Washington. We want journalists with bright layouts, gripping headlines and lots of enthusiasm. Daily newspaper experience and a record of effective teamwork are musts. E-mail resume to jobs@stripes.osd.mil
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JOBS

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The Washington Post Advertising Department is recruiting for high energy Coordinators who will work in a fast-paced, detailed oriented, team spirited environment. The responsibilities include providing service support for sales account managers and advertisers in all areas of sales support with a focus on service excellence including managing ad orders and materials, assuring accurate billing and responding to inquiries from both external and internal inquiries.

The successful candidate will possess superior verbal and written communication skills, strong problem resolution skills, and the ability to handle multiple demands while maintaining strict attention to detail. Necessary skills include proficiency with a Windows environment, math abilities, and a pleasant, professional telephone manner. Typing speed at 40 wpm is preferred. Previous experience in a sales/customer environment is required. Bachelor's degree or equivalent experience is a plus.

Qualified candidates should send a resume and cover letter to:

The Washington Post

Attn: HR/AC/MF
1150 15th Street, NW
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Fax - (202) 912-3677
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301-779-4945
www.ci.college-park.md.us

Closes 3-10-06.

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Phlebotomist, Medical Asst., Dupont Circle
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Effective leaders with positive management style and proven leadership skills. Minimum one year experience in fine dining restaurant management. Wine and culinary knowledge, high volume experience, basic computer skills essential. Ability to grow nationally with company. Send resume to: 6842 Elm Street, Ste 207, McLean, VA 22101 or resume@samandharrys.com

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Restaurant
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Restaurant
WAIT STAFF
For IHOP restaurants. Clinton, MD. Good pay. Apply at 8905 Woodyard Rd., Clinton, MD.

RESTAURANTS
General Operating Manger for NW Restaurant/Catering company. M-F, no eves/wknds/holidays. Proven professionals only. Start $50K + all benefits. Email resume to hunter@hbhwdc.com

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SALES

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VET/RECEPTIONIST

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BOWIE **$339,900** **946 Lake Overlook Dr.**
This beautiful contemporary TH is a Must See 3BR, 2FBA, 2HBA gorgeous home. Call Mr. Surraun Calloway, RE/MAX 301-775-0210.

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HIGHLIGHTS FOR Tuesday, March 7th

Time	Program	Location
9:00 am	**Keynote: Robert J. Stevens**, Chairman, President, and CEO, Lockheed Martin	Room 146
10:00 am	**Enterprise Keynote: Dick Burk**, Chief Architect, OMB Future EA Direction: Transitioning from "What" to the "How"	Enterprise Pavilion Booth 2631
10:30 am	**GSA Governmentwide Acquisition Contracts**, speakers Shan Clark, Senior Contracting Officer, GSA IT GWAC Center; Tia Meredith-Ash, Business Development Specialist, GSA Small Business GWAC Center; Mimi Bruce, Director Client Support, GSA Enterprise GWAC Center	GSA Training Room 150B
11:00 am	**DoD Business Transformation Enterprise Transition Plan**, speakers Ms. Kristyn Jones, Director, Enterprise Transition Planning, Business Transformation Agency, Colonel Greg Brundidge, Deputy Director, Operational Support Modernization Program, Air Force, Ms. Barbara Hoffman,DON CIO, Investment Management Lead, Navy, and Colonel Luwanda Jones, Army	DoD Pavilion Booth 1801
11:00 am	**HR Line of Business: A Model for Strategic Partnering**, speaker Lynn Eddy – Associate CIO, Treasury	HR Pavilion
11:00 am	**US-VISIT**, speaker Scott Hastings, CIO, US-VISIT, DHS	Homeland Security Center–Booth 135
1:00 pm	**Keynote: Carol Bartz**, President, CEO and Chairman, Autodesk, Inc.	Room 146
2:00 pm	**Technology and DC Regional Emergency Response**, speakers include Robert LeGrande II, Deputy Chief Technology Officer, DC Government, Calvin Miller, Director, Citywide IT Security Program, DC Government, and Barbara Childs-Pair, Director, DC Emergency Management Agency, DC Government	Homeland Security Center Booth 135
2:00 pm	**Successful Solutions for Section 508 Compliance**, speakers Terry Weaver, Director, IT Accessibility and Workforce Division; Skip Crane, Deputy Program Manager, Advanced Technology Institute, and Jim Kindrick, Technical Project Lead, Altarum	Enterprise Pavilion Booth 2631
2:30 pm	**Taking Care of Business with Brian Roberts** — Live broadcast on 630 WMAL	FOSE Radio Station Booth 651
2:30 pm	**Examining Municipal Wireless Deployments**, speakers W. James Hettrick, Director of Information Systems, City of Loma Linda, Panelists: Tom Henderson, Executive Director, USCCA; Hilda Legg, Consultant, Legg Strategies; Jeff Orr, Product Manager, Proxim; Mike Seymour, VP, Broadband Wireless, Alcatel	TIA Room 144B
2:00 pm	**DoD Intelligence Community and Leadership Forum**, speakers Mark Greer Mark Greer, Vice Deputy Director for Information Management, DIA, Lewis Shepherd, Chief, Requirements and Research Group, DIA, Sterling Wright, CTO, National Ground Intelligence Center	Room 146
3:00 pm	**Operations and Sustainment Systems Group Advancements**, Air Force Acquisitions & Commodities, speaker Matthew Benavides, Director, Acquisition and Commodities Division, HQ Operations and Sustainment Systems Group, MAFB Gunter Annex, Alabama	Homeland Security Center Booth 135

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Look out

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INSIDE

Stella McCartney vs. Yves Saint Laurent at Paris fashion week | 37

Blog Log: Oscar dress picks and pans | 35

After Shocks: Post-Academy antics | 38

KIICHIRO SATO/AP

BRANCHING OUT: A Central Ohio Technical College anatomy class was held in a room at the Roscoe Village Inn, an old hotel.

Campus Outreach

Education

Community colleges setting up classes in nontraditional places

Students are attending college at an abandoned steel mill in Pennsylvania and at YMCAs in Ohio. They share digs with a small public library and an insurance agency in Nebraska, where they will soon take classes at an ice cream parlor.

Community colleges nationwide are branching out to nontraditional locations to avoid expensive construction, attract students and serve those in out-of-the-way places.

"You're seeing a lot more outreach to reach students, to be more available to them in places where they work," said Claire VanUmmersen, vice president of the Center for Effective Leadership at the American Council on Education.

A 2005 survey by the American Association of Community Colleges found that about 60 percent of community colleges have multiple campuses, some with as many as 12. About 40 percent offer courses at prisons, while 20 percent hold them at religious institutions and 11 percent in shopping centers.

Recycling existing buildings saves colleges money at a time when many face declining funding from state governments. And outlying areas can be a gold mine of untapped students as colleges compete with each other to increase enrollment.

Sinclair Community College expects its learning centers at two YMCAs in Dayton, Ohio, to shave as much as $1.7 million from the estimated $4.2 million cost of constructing new buildings on its downtown campus. School officials believe the centers will attract new students who may be reluctant to commute downtown, pay for parking and walk to classes.

> "As long as the people of the school help me get my GED, that's what matters."
>
> **NANCY MARRERO, STUDENT**
> NORTHAMPTON COMMUNITY COLLEGE

Mid-Plains Community College in Nebraska set up a classroom in the Broken Bow Public Library so students could avoid the commute to the main campus in North Platte.

Another branch campus in Valentine, Neb., holds classes at a high school, in church parishes and at the Custer County Historical Museum, and will soon offer a computer class at an ice cream parlor with wireless Internet access.

Moving classrooms into neighborhoods can increase the comfort level of older students or those who've been away from school for years.

Northampton Community College in Bethlehem, Pa., opened a branch in June at an abandoned steel plant. Many people in the surrounding blue-collar neighborhood worked at the mill.

According to recent census figures, four of every five adults age 25 and older in Bethlehem don't have college degrees. About one-third of the residents live below the poverty level, and one in four depends on public transportation.

"It is an area we felt was underserved," said Northampton spokeswoman Heidi Butler. "We felt it was important to be there."

Classes are in a six-story office building overlooked by smokestacks and a hulking blast furnace.

Nancy Marrero, who is earning her GED, said the industrial setting isn't exactly what she envisioned.

"I saw colleges that were way different, but it doesn't bother me," she said. JAMES HANNAH (AP)

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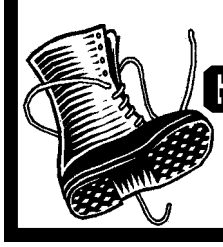

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Lookout | Voices

Academy Awards | Oscar Envy

The Post's **WILLIAM BOOTH** and **HANK STUEVER** were online Monday, not so fresh from the "Vanity Fair" post-Oscar party, to dish about the stars and the atmosphere after Sunday's Academy Awards | **washingtonpost.com/liveonline**

I know that when you guys cover the Oscars, you're jammed into the press room with a couple hundred other sweaty reporters, so my condolences. What was the mood in the press room like? Was everyone shocked at "Crash" winning Best Picture?

WILLIAM BOOTH: You are correct. The press room is like flying coach and getting the middle seat. And yes, when they announced "Crash," the room went like whooooooooooo. Probably because up until that point there hadn't been a single disruption of the conventional wisdom over who would win.

Is it just me or has Matt Dillon aged incredibly well? He looked great.

HANK STUEVER: Matt Dillon looks great. Still not the brightest, but hey...

Did George Clooney have a date for the evening or does he always attend these affairs alone?

WILLIAM BOOTH: No, Hank recalls seeing Mr. Clooney on the carpet with a woman he believes to be his agent. Clooney makes kind of a thing about not discussing his romantic life, which is good, we think, because it must be so sad and lonely.

So did you see or speak with Jake Gyllenhaal? He is so fine and seems very down to earth, too.

HANK STUEVER: I said hi to him. He was chit-chatting with his sister's squeeze, Peter Sarsgaard. Stubble heaven. I was standing there being oafy and lurky. Like everyone on a movie screen, both guys look both better and yet somehow slighter than in pictures.

I adore Reese, LOVE her. But I have to admit that her speech made me think of Tracy Flick, her character from "Election." Seemed way over the top.

WILLIAM BOOTH: Reese Witherspoon, we suspect, could become the most dangerous person in America.

➜ Today on Live Online

NOON: Post editorial writer Ruth A. Marcus discusses her op-ed on parents using "domestic surveillance" on their children's Internet use and instant messaging.

1 P.M.: Express advice columnist Dr. Andrea Bonior will take your questions about mental health and emotional wellness.

Letters

We Can Hear Clearly Now

IS IT MY IMAGINATION? It seems since we have had a new Metro chief [Dan Tangherlini, who took over last month] that all of the train drivers can now speak clearly. Thank you. It is nice to know what stop is next.

—CARYN JOHNSON
Washington, D.C.

Forget Paris — Please

IN THE SUNDAY Washington Post, there was an article comparing Dick Cheney's approval rating with several other people. In fact, the article pointed out that only one person [listed in a Gallup survey] had a lower rating than Cheney (18 percent), and that was Paris Hilton (15 percent). Why, then, does Express continue to publish articles and pictures about what Ms. Hilton is doing when only 15 percent of the population cares?

—HARRY MCLEAN
Washington, D.C.

Corrections:

The Nautica rolling suitcase pictured in March 3's Lookout Weekend section costs $385 at Macys, not $250. Also, a letter in Monday's Express listed the wrong year for the Munich Olympics, which took place in 1972.

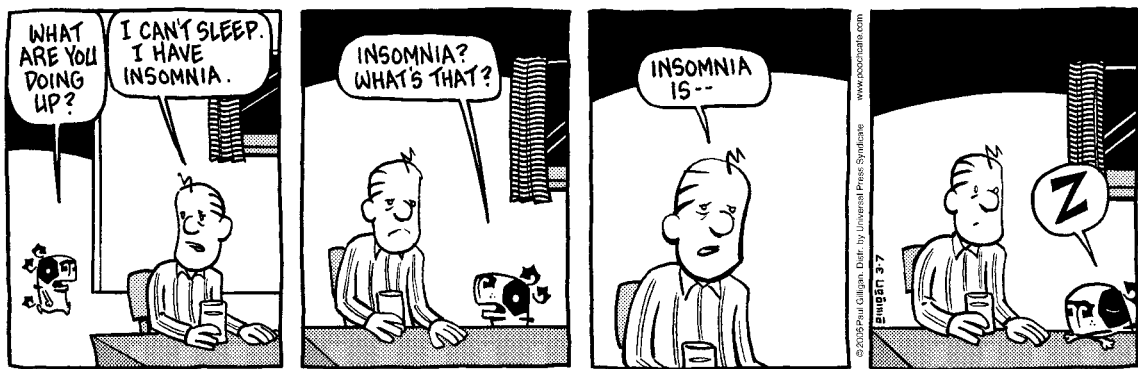
WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Bizarro | *Dan Piraro*

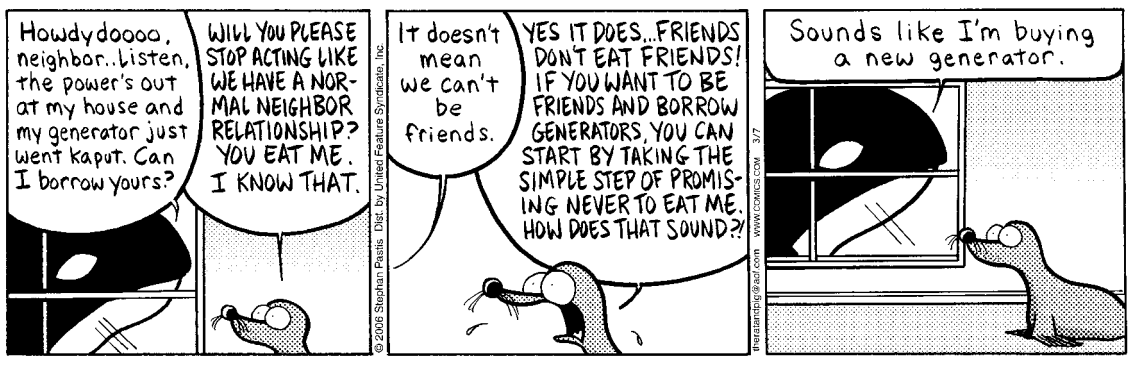
Cornered | *Mike Baldwin*

"It's not just him. The whole system's down."

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Look out

LET'S PLAY BALL

"You opponents of the stadium, whoever you may be, I want to just express that I do think this is best for the city long-term and I hope ... history plays out to convince you."

WHATISBEING.BLOGSPOT.COM ON MAJOR LEAGUE BASEBALL DECIDING TO ACCEPT D.C.'S BASEBALL STADIUM LEASE PROPOSAL, PAVING THE WAY FOR CONSTRUCTION AT A SITE ON SOUTH CAPITOL STREET NEAR THE ANACOSTIA RIVER.

THE Blog LOG

ADIOS TO ARRINGTON

"Arrington isn't the sharpest knife in the drawer and he does come across as a liar for saying he'd do anything to stay a Redskin, but you can't deny that he always gave his best effort on the field."

THEREDSKINREPORT.COM SAYS GOODBYE TO LEVAR ARRINGTON, WHO WAS RELEASED TO BECOME A FREE AGENT, PROVIDING THE REDSKINS WITH SALARY-CAP RELIEF.

SURPRISE WINNER

"While everybody else is going crazy over the act that 'Brokeback Mountain' lost the Best Picture award, I couldn't care less."

EGOTASTIC.COM ON THE OSCAR FAVORITE LOSING CINEMA'S TOP PRIZE.

RED CARPET REVIEW, PART 1

"Charlize Theron goes for her [second] Oscar nomination in as many years for a role in which she uglifies herself: Unfortunately, 'The Sad Tale of the Serial Killer Christmas Bow That Just Wants Union Representation' does not have very good buzz."

GOFUGYOURSELF.COM ON ACADEMY AWARD-WINNING ACTRESS CHARLIZE THERON'S ODD SHOULDER ORNAMENT.

RED CARPET REVIEW, PART 2

"I can't believe that Paris Hilton would slaughter an ostentation of peacocks just to make one hideous dress."

IT'S UNIVERSAL: BLOGGERS, INCLUDING **PINKISTHENEWBLOG.COM** HATED PARIS HILTON'S DRESS, CRAFTED FROM MANY, MANY PEACOCK FEATHERS.

DO slip into a sarong and solve Bell's Theorem. After all, it hasn't been done yet on "The Sarong Theorem Archive" (math.berkeley.edu/~ari/sarong). As the submissions of photos of people solving theorems in sarongs have waned, they could use a few more stylish mathematicians to suit up and pitch in.

Horoscope

By Stella Wilder

PISCES (Feb. 19-March 20) You may have to begin a difficult project that will require a great deal of planning, foresight, and physical strength. Prepare.

ARIES (March 21-April 19) Your introduction to something new is bound to be exciting — and not just a little dangerous, perhaps, too. Use caution.

TAURUS (April 20-May 20) An improvement will take place that will allow you to excel at something you've only been experimenting with lately.

GEMINI (May 21-June 20) Contact with someone different from yourself is likely to open your mind a little more — and open a few doors for you as well.

CANCER (June 21-July 22) Don't expect others to do your bidding. What you get you're going to have to supply for yourself for the time being.

LEO (July 23-Aug. 22) This is no time to spend foolishly, and you will have to make a careful plan for your own cash flow. It may be time to accept a coming change.

VIRGO (Aug. 23-Sept. 22) You can prove to a superior that you can, make it on your own — and in fine style, too. Don't let down prematurely.

LIBRA (Sept. 23-Oct. 22) You may not be able to avoid one particular error to which you've been building up for some time. Recovery, however, can be quick.

SCORPIO (Oct. 23-Nov. 21) You're not going to have to limit yourself according to the established and accepted rules. It's time for you to make new strides.

SAGITTARIUS (Nov. 22-Dec. 21) Your dependence on others is likely to be put to some sort of test — but you're ready to do whatever it takes to come through.

CAPRICORN (Dec. 22-Jan. 19) What appears out of the blue is going to require a good deal of thought and study; be ready for a small adjustment that can pay off.

AQUARIUS (Jan. 20-Feb. 18) You can parlay a small opportunity into a very big profit — provided you start early and don't let down until it's all wrapped up.

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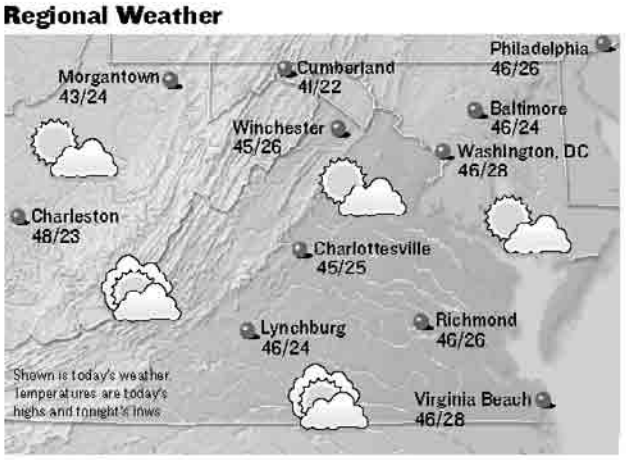
5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny, breezy, chilly	Clear and cold	Partly sunny; not as chilly	Partly sunny, maybe a shower	A shower early, then partly sunny	Partly sunny and warm
46°	28°	50° / 38°	60° / 46°	68° / 50°	73° / 48°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	44°
Low	37°
Normal high	52°
Normal low	35°
Average humidity	51%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.03"
Normal month to date	0.68"
Year to date	5.74"
Last year to date	4.94"
Normal year to date	6.52"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

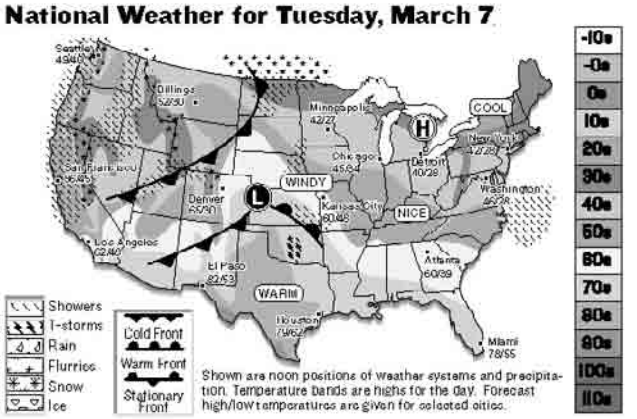
D.C. Metro: Today, mostly sunny, breezy, chilly. High 46. Wind north 10-20 mph. Tonight, clear, cold. Low 22 in a few suburbs to 28 in the city.

Sun and Moon

Sunrise today	6:32 a.m.
Sunset tonight	6:07 p.m.
Moonrise today	11:09 a.m.
Moonset today	2:15 a.m.

Full	Last	New	First
Mar 14	Mar 22	Mar 29	Apr 5

National Weather for Tuesday, March 7



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	60/39/s	68/47/s
Boston	38/25/pc	40/27/pc
Chicago	45/34/s	48/43/r
Dallas	78/62/pc	80/60/t
Denver	65/30/pc	42/23/sn
Honolulu	82/70/pc	82/71/pc
Los Angeles	62/48/pc	66/50/pc
Miami	78/55/s	75/60/s
New York City	42/28/s	44/35/pc
Orlando	70/46/s	76/54/s
Seattle	49/40/c	46/37/r

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	42/38/pc	48/43/r
Athens	62/44/c	50/39/sh
Berlin	36/24/c	37/28/pc
Buenos Aires	86/68/s	81/64/t
Calgary	48/34/c	44/22/c
Dublin	48/45/r	46/39/r
Geneva	36/24/c	38/38/r
Moscow	22/9/c	18/11/c
Rome	52/36/pc	50/43/pc
Sydney	80/63/pc	81/62/pc
Tokyo	53/43/pc	54/42/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice

LOOK out

Line O' The Whale

Wildlife

Whales in Alaska use fishing boats as a food delivery service

Years ago, the sound of a boat sometimes spelled death for the hunted sperm whale. Now, some of them have figured out, it means dinner.

Scientists recently realized that sperm whales in the Gulf of Alaska zero in on boat engines to locate miles of fishing lines hung with valuable sablefish.

"That's the whales' cue," said Jan Straley, an assistant professor at the University of Alaska Southeast.

Sperm whales don't tune in to just any engine noise to track what are essentially miles of sablefish shish kebabs. The endangered whales key in on the engines' sporadic bubbling as fishermen turn them on and off while hauling in longlines, the ongoing study said.

The work has led researchers to recommend some low-cost ways for fishermen to hoodwink the highly intelligent cetaceans.

HEATHER VUKELIC/AP

ROD AND MEAL: Whales in Alaska have learned over time that certain engine sounds mean miles of easy-to-get sablefish.

The eastern Gulf of Alaska is part of the world's largest sablefish fishery. The sweet, flaky flesh of the sablefish, long prized in Japan and Hawaii, is gaining popularity in United States, where it is listed on menus as butterfish or black cod. About 12.8 million pounds of sablefish were hauled in last year from the eastern gulf, with dock prices that sometimes topped $4 a pound. Consumers pay $18.99 a pound for the fish at the upscale Fresh Direct food delivery service in New York.

Scientists found the sperm whales tend to feed on longlines in the late spring through summer, during the height of the sablefish season.

Sound receivers attached to the longlines recorded the loud clicks of chattering whales. Using the recordings, scientists found that whales dive shallower than normal when near boats hauling up the bottom-dwelling sablefish.

"The whale doesn't have to dive as deep to get its food," said Aaron Thode, an associate researcher at the University of California, San Diego. Sperm whales in the gulf also take halibut and, in one instance, lingcod, off the longlines — which are up to 3 miles long.

Killer whales in the Bering Sea and Prince William Sound also plunder sablefish longlines. Sperm whales and other toothed whales, such as pilot whales, cherry-pick fish catches all over the world.

Fishermen and fisheries managers say the overall economic loss to the gulf's 410-boat sablefish fleet is probably low, but has increased in the past decade. "A couple of times they completely cleaned us out, but usually they take just a few," said fisherman Steve Fish of Sitka.

Fishermen fear the problem could intensify as the endangered marine mammals increase in number and teach each other the techniques of sablefish rustling. Once a prime target of whalers, scientists suspect sperm whales are recovering in oceans worldwide.

"You can hardly make a trip without seeing sperm whales," Fish said.

Thode and Straley's tips for fishermen include fishing earlier or later in the season, hauling in the line without changing engine speed, or making decoy engine noises to draw whales to a different area.

"We try to get creative, but there's only so much you can do," Fish said.

JEANNETTE J. LEE (AP)

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Old Star, Young Star

PARIS Runway REPORT

A heavenly generation gap at Fashion Week

ITALIAN DESIGNER Stefano Pilati returned to the venue where Yves Saint Laurent bid farewell to couture to present his ready-to-wear collection for the French label on Thursday.

Saint Laurent took over the massive hall of the Pompidou modern art museum in 2002 for a career retrospective lasting close to two hours — an eternity by the standards of modern fashion shows. Pilati went for a different record: That of the world's longest catwalk. Models marched down a narrow room that ran the length of the building — 166 meters, to be precise.

The YSL display capped a day of autumn-winter presentations in Paris that also included Celine, Stella McCartney and Emanuel Ungaro.

The shade of pink plastered over the walls and chairs was lifted from the packaging of Saint Laurent's fragrance Baby Doll, and the collection also paid homage to the house heritage. Nods to the master included pussycat bows, done in everything from plush mink to supple leather, and an ample knee-length coat with two thin leather strips crossing in the back.

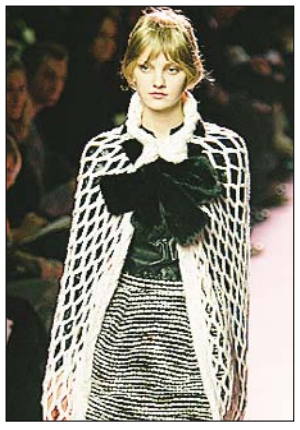
Not content to stroll through the archives, Pilati looked all the way back to the ancient civilizations of Byzantium and Greece. This showed in the heavy gold chains that curled across cut-out panels on a sleeveless top, or a jewel-encrusted gold collar on a navy chiffon evening dress. He gave the full Midas treatment to a boatneck shift that shimmered with gold sequins.

Meanwhile, Croat designer Ivana Omazic has settled in nicely in her second season at Celine. Her collection was inspired by the author Nancy Cunard's 1930s allure.

"An assertive woman, who never relinquishes her femininity," was how she summed it up.

A skirt in rectangular strips of black organza split open to reveal a nude slip for an "undressed" effect. Cocktail dresses in black panne velvet shimmered like an Arabian horse's coat. Omazic showed plenty of opulent looks, from a stiff mahogany crocodile leather coat to a caramel mink wrap. Wide lapels on belted coats arched away from the collar to sculptural effect.

STELLAAAA! Beatlespawn Stella McCartney stuck to a subdued, neutral palette, relying on texture, lines and movement to distinguish her fall 2006 ready-to-wear line. Other elements included 1980s touches like ankle boots and skinny jeans. The entire line is fur- and leather-free.



SWISH FLASH: Celine, above, featured flouncy, colorful skirts. In contrast, YSL, left, made this poor model wear the afghan from his grandmother's sofa.

McCartney was also in confident mood. The British designer's recent collection for Swedish retailer H&M was a sellout, she has launched a new tennis range with Adidas and her own label is on course to turn a profit next year.

Working with a refined palette of taupe, indigo and dusty pink, McCartney sent out shawl-necked cardigans that swathed the body over matching opaque tights and towering ankle boots. Sweater dresses and superskinny jeans tapped into fashion's obsession with the 1980s.

Like her late mother Linda, McCartney is a strict vegetarian and refuses to use leather or fur.

Front-row guest Courtney Love said she did not fully support the ban on animal byproducts.

"I'm really anti-fur and my daughter is as well. My daughter's godmother is Drew Barrymore and whenever I get tempted I think, you know, Drew would probably kill me," the singer told The Associated Press. "But leather: I'm rock — I have to do leather." JOELLE DIDERICH (AP)

Beauty

Fatten Up Your Eyes

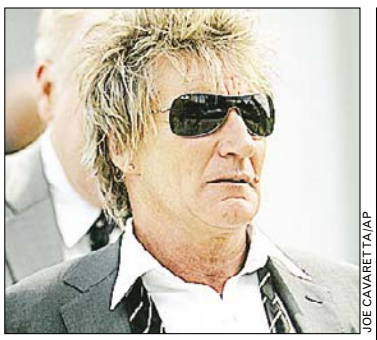
We get suspicious when companies go overboard with packaging. Fancy wrapping can promise so much, yet yield so little. Happily, that's not the case with the Pucci-inspired tube of **BIG FATTY MASCARA** from Urban Decay ($17, Sephora). The formula contains hemp oil, which is supposedly helpful in preventing lash loss from daily wear. While the lengthening power is meh, test lashes plumped up nicely. The formula also seemed less susceptible to flaking; mascara stayed on lashes and didn't drift to the under-eye area. KRISTEN PAGE-KIRBY (EXPRESS)

Soap

Foreboding Fruit

Is there no one left who thinks soap should smell like soap? Not the good people at **ZEST**, who recently introduced **TANGERINE-MANGO TWIST** body wash and bar soap ($4.70 for wash, $6.70 for eight bars). While we could describe the nuances of the fragrance, it's much more efficient to just say that this soap will make you smell like gum. More specifically, the sickeningly fruity gum your mom wouldn't let you chew in the car because the smell was so powerful the whole family emerged smelling like gummi bears. K.P.K.

LOOK out People



JOE CAVARETTA/AP

"$3 million? That's bollocks. Oh well."

PENALTIES

Don't Be Fooled: That Sum Is Like a Parking Ticket to Him

A federal judge has ordered **ROD STEWART** to pay a Las Vegas casino more than $3 million for a canceled show in December 2000. U.S. District Judge Larry Hicks ordered the British rocker's lawyers to pay an additional $153,483 in contempt-of-court sanctions and legal costs for failing to turn over information to lawyers for Harrah's Entertainment before trial last year. (AP)

CONSPIRACY

More Cover-Ups From The British Government

An official British inquiry into the 1997 death of **PRINCESS DIANA** in a high-speed car crash has found no evidence of foul play, a newspaper reported Monday. The Daily Mail said the interim report, to be published in May, will dismiss conspiracy theories about the deaths of Diana, her boyfriend, Dodi Fayed, and their chauffeur, Henri Paul, in a Paris tunnel. (AP)

AFTERPARTIES

Who Invited Them?

Academy Awards afterparties draw all sorts of people who aren't likely to win Oscars. OK, so **MISCHA BARTON** is still quite young and **BRITTANY MURPHY** may have hidden depths, but **NICOLE RICHIE** we feel safe in judging. All three were eye-candy at the Vanity Fair Oscar party at Mortons. Lindsay Lohan and ice-skater Sasha Cohen arrived in similar ivory satin gowns, but one young woman looked far healthier than the other. Guess which. Venus and Serena Williams showed up looking relatively tasteful, as did Jewel. Where is Fergie when you need her? (EXPRESS)

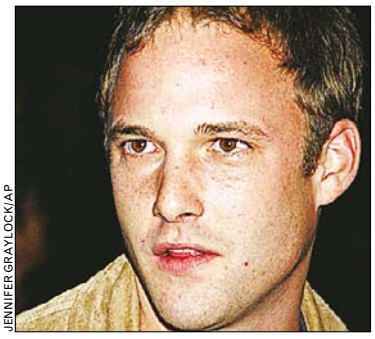
MARK MAINZ/GETTY IMAGES

MARK MAINZ/GETTY IMAGES

ROLE MODELS

An Example for All Other Arrested Former Child Stars

Former child star **BRAD RENFRO** can stay out of prison if he enters a drug-diversion program, a Los Angeles judge decided Monday. The program will involve participating in a rehab program (he voluntarily began one after his December bust for heroin), drug-education classes and three years of probation. If he finishes, charges will be dropped. (EXPRESS)



JENNIFER GRAYLOCK/AP

Behind this sketchy adult facade lies the creepy-yet-cute star of "Apt Pupil."

REFORMED

Isaac Has Learned That Idle Hands Are Devil's Headlines

ISAAC MIZRAHI kept his hands to himself on the red carpet before Sunday's Academy Awards. The fashion designer created a stir at January's Golden Globes when he groped Scarlett Johansson, asked Eva Longoria about her pubic hair and peeked down Teri Hatcher's dress as he conducted interviews for the E! cable channel. (AP)

JIM COOPER/AP

Isaac gropes a lady who doesn't mind.

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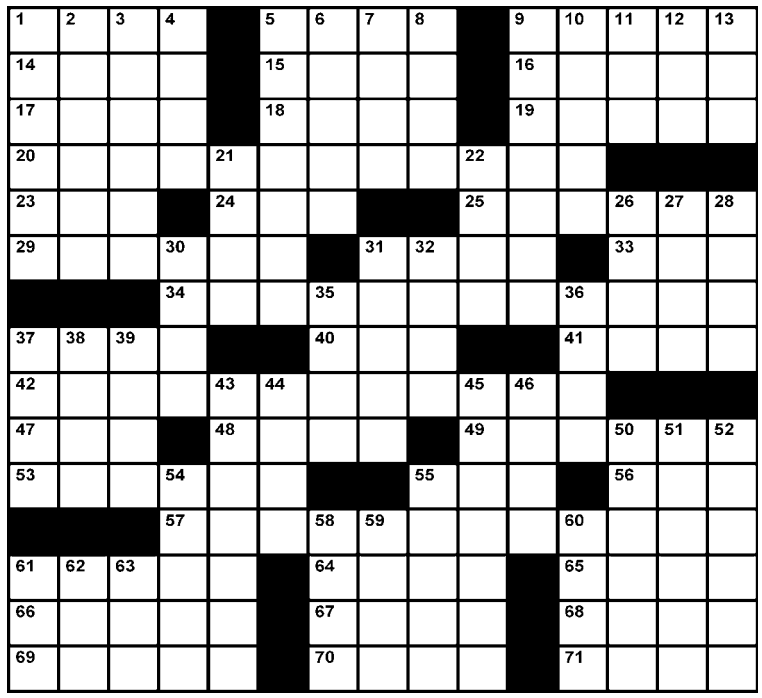
Look out

60 Minutes | *Edited by Timothy E. Parker*



ACROSS
1 Instrument classification
5 Larson of "The Far Side"
9 "Gay" city, in song
14 Noted film tutor
15 Weapon that's hardly dangerous
16 Without warmth
17 Target the bar code
18 Ostrich relative
19 1906 San Francisco event
20 Pre-dinner event
23 Verb with thou, perhaps
24 Free, as a dog of fleas
25 Bottom cover?
29 Teaching session
31 Body wrap
33 Motor add-on
34 Midnight, to some
37 Effortlessness
40 Polish off
41 A fashion magazine
42 Unit of academic credit
47 Likewise
48 Will-o'-the-___
49 Imaginary place of perfection
53 One awaiting a catch
55 Historic period of note
56 Teamwork deterrent
57 Last possible moment
61 "Ivanhoe" novelist
64 "Tell ___ the judge"
65 Part of QED
66 Rid of impurities
67 Cassoulet or haricot, e.g.
68 Filmmaker Wertmuller
69 Ann ___, Michigan
70 Merit
71 "Serpico" author Peter

DOWN
1 Spanky or Alfalfa, e.g.
2 "Sing more!"
3 Establishes as law
4 Miserably moist
5 Tennyson character
6 Ladybug's lunch
7 Film unit
8 "She Loves You" word
9 Arousing, as curiosity
10 The maker of Legends
11 Narrow inlet
12 Game animal
13 Pupil's place
21 Picard's counselor
22 Father of Thor
26 Game on felt
27 Part of the Jewish calendar
28 Like a blue moon
30 Popeye's tyke ___'pea
31 Like some cheeses
32 Kin partner
35 Gentleman's grades
36 Johnny-on-the-spot, perhaps
37 This, in Mexico
38 Billion years (Var.)
39 Houston blight
43 Need air conditioning
44 Trunk item
45 Thornton Wilder play
46 State with many Mormons
50 Illinois city
51 Lizard in a Williams title
52 Cardiologists' concerns
54 Fire, euphemistically
55 Computer key
58 Carpenter's clamp
59 Kett of the comics
60 Leader's spot, figuratively
61 Healthful resort
62 Mongrel
63 The sun, for one

Yesterday's Solution

B	A	S	H	■	M	I	R	A	■	R	O	U	S	T
E	L	L	A	■	O	D	O	R	■	E	R	N	I	E
E	V	E	R	Y	N	O	W	A	N	D	T	H	E	N
R	A	W	D	E	A	L	■	B	E	E	■	I	G	O
■	■	■	H	A	L	■	O	I	L	P	A	P	E	R
O	C	C	A	S	I	O	N	A	L	L	Y	■	■	■
R	O	O	T	■	S	U	E	■	■	O	N	T	O	P
A	R	M	■	C	A	T	■	S	T	Y	■	E	R	A
L	E	O	N	A	■	■	S	I	R	■	W	R	E	N
■	■	■	O	N	C	E	I	N	A	W	H	I	L	E
M	A	R	T	I	A	N	S	■	D	I	E	■	■	■
E	S	E	■	S	S	N	■	B	E	N	T	L	E	Y
W	H	E	N	T	H	E	U	R	G	E	H	I	T	S
L	E	V	E	E	■	A	S	I	A	■	E	R	N	E
S	N	E	E	R	■	D	A	M	P	■	R	E	A	R

Today in History

1850 In a three-hour speech to the U.S. Senate, Daniel Webster endorsed the Compromise of 1850 as a means of preserving the Union.

1876 Alexander Graham Bell received a patent for his telephone.

1926 The first successful trans-Atlantic radio-telephone conversation took place, between New York and London.

1936 Adolf Hitler ordered his troops to march into the Rhineland, thereby breaking the Treaty of Versailles and the Locarno Pact.

1965 A march by civil rights demonstrators was broken up in Selma, Ala., by state troopers and a sheriff's posse.

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Degree of Difficulty: MEDIUM

Fill in the boxes so that each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

	3					6		
1	4		8	2			3	7
	7		1					
						5		
	9		7	6	4		1	
		2						
					2		4	
4	2			3	7		6	5
		3					2	

Yesterday's Solution

2	1	8	4	5	7	6	3	9
7	3	9	2	1	6	5	8	4
4	6	5	3	9	8	1	2	7
6	5	2	8	7	3	9	4	1
9	8	1	5	2	4	3	7	6
3	4	7	1	6	9	8	5	2
5	9	6	7	3	2	4	1	8
8	7	3	9	4	1	2	6	5
1	2	4	6	8	5	7	9	3

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Break a Lying Habit; Making Mom Date

Q I'm a 26-year-old woman who seems to have it all together. I'm where I want to be in my career, I have a satisfying social life and I own a nice condo. My issue is that I lie — a lot. I catch myself halfway through a sentence that's totally untrue and it's too late to take it back and I want to sink into a hole. I lie about big stuff, like guys I've dated or what sort of people my parents are. I lie about what I did over the weekend, which restaurants I've been to, even stupid stuff like whether I drove to work or took a cab. I sometimes feel like I want to get caught, but even though it's come to light a few times, I've been able to brush it under the rug. What might lead a person to behave this way? —EMBARRASSED

ERIC REECE

Well, you're a veritable James Frey — you've got a real life and a fantasy one. All joking aside, there's a real sadness here, because something about your real life doesn't feel good enough to you, making the fantasy an indispensable alternative. That sounds like a really unsatisfying way to live. Most likely this habit started small, perhaps out of boredom, nervousness or insecurity. A simple "Oh, yeah, I know him" about someone with whom you never made eye contact grew into full-blown accounts of your Kenyan safari. Before you knew it, you had a continual, uncontrollable urge to lie, and your parallel universe became so entangled with your self-concept that you felt that if you took away the fiction, you'd be left with a life that wasn't whole.

Or so I'd guess! Only you know how it started. And perhaps even you don't really know, and you won't until you do a little bit of meandering into your past (hint: your real one, not your stint on Rikers Island). It takes a lot to admit what you've been doing, even anonymously. If you're really ready

> "You felt that if you took away the fiction, you'd be left with a life that wasn't whole."

to look this in the face, counseling is truly a great forum. Therapy could help you implement a two-pronged plan of attack: uncovering the nitty-gritty emotional roots of this tendency — unfortunately, they might not be pretty — and building up the day-to-day techniques you'll need to break the habit. But best of all, you'll learn how to fill the holes in your life in a genuine, meaningful way, rather than an imaginary one.

Q I was raised by a single mom. My biological father left her when she was pregnant. She has never dated anyone since, and my twin and I are now grown women. My mother seems to have a full life with church, volunteer work and her friends. But I think it would be really good for her to have a man in her life. How can I help her ease into the dating scene? —MARYLAND DAUGHTER

Remember when you were a kid, going on your merry way, and someone said, "I think it would be really good for you to" such-and-such? And how you felt condescended to, like you couldn't make your own decisions or didn't know what's best for you? Yeah. And your mother's not a kid. To help her ease into the dating scene, she'd need to want your help in the first place, and it sounds like she's just peachy with how things are. It's not like you can handcuff her to you and drag her on dates; I mean, how would you drive the car?

The doctor is in: Andrea Bonior takes your questions live at 1 p.m. today at **washingtonpost.com/liveonline** or e-mail her at **baggage@readexpress.com**

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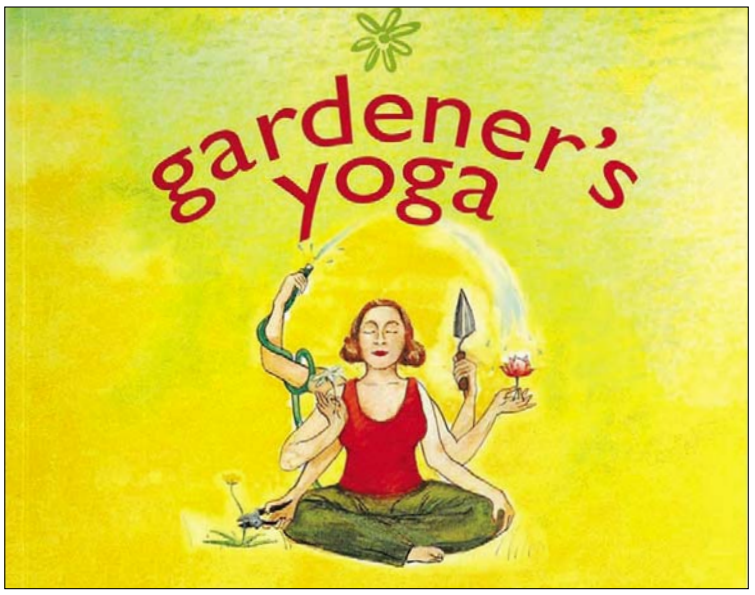


Secrets of the Garden

POKING AROUND IN THE DIRT, planting seeds in the ground, weeding — it's all dandy until you're ready to stand up and you realize that it's not just your tomato plant that's gone a bit crooked. "Gardener's Yoga: Bend & Stretch, Dig & Grow" by Veronica D'Orazio ($13, Sasquatch Books) focuses on the specific pains and aches that plague the green-thumbed among us. Before getting your trowel on, try the cobbler's pose (baddha konasana), which involves sitting with the soles of your feet together. Press your knees down to prepare them for hours of squatting. After all, it's not just the flower bed that needs care.

NEW IN FITNESS

warm ups

The Air Down There

SNEAKERS ARE SHOW-OFFS by nature, but Nike's Air Max 360 is the ultimate exhibitionist. And this pair has something to be proud of. The new shoe ($160), which fully realizes the company's idea from the late 1970s to create sneaker cushioning with air instead of foam, bares its empty sole with plastic windows. Air makes the shoes lighter than their foam-laden cousins (they weigh less than 13 oz.) and doesn't flatten as quickly. When we put a pair to the jogging test, we found that hitting the pavement was more like gliding, while running on a treadmill bordered on flying. If your foot and an air pocket disagree, however, the extra firmness can hurt a bit.

Highly Cultured

UNPRONOUNCEABLE WORDS on nutrition information labels are often a bad thing. But in the case of Breyers Light! Probiotic Plus line, the yogurt is making the most of its Bifidobacterium cultures, which may help aid digestion and boost immunity. Mmm, Bifidobacterium! Don't be disappointed when you suck up a spoonful, though. It's creamy and fruity, but tastes just like other yogurts.

Push It Real Good

SCHOOLKIDS IN West Virginia are buffing their bods with "Dance Dance Revolution," but if they don't like to boogie, even a video game might not lure them to fitness. Instead, they might want to turn to Exer-Station ($200, exerstation.com, available in May). The unit hooks up to the Xbox, Playstation2 and Gamecube, and asks players to push or pull. The force they create translates into movement in the game. So if you don't have upper body strength, forget about being able to chase the bad guy or win the NASCAR race. As you practice, you work your muscles, so instead of being able to lift more weight over time, you're able to kick more video game butt. And which feels better, really?

NOTE FROM THE EDITORS

The Shape of Things to Come

It's hard to navigate D.C. in the morning without colliding with intense, iPod-entranced joggers. Wherever that obesity epidemic is, apparently it's not here. And yet, as fit as you may already be, there's always room for improvement. Our new Fit section aims to help.

Appearing every Tuesday, Fit will, of course, offer workout advice to help you build the body you want and keep it running smoothly. But our main goal is to help you achieve overall wellness — from eating right to improving your relationships. Here's what you'll find:

Whether you're a gym rat or a couch potato who aspires to fitness, turn to our Phys Ed pages for tips on building muscle and losing flab. Features like Expressercize (workouts you can squeeze into your commute or cubicle) and Work It Out (profiles of local fitness classes) will help you find a routine you can actually stick with.

If your goal is to avoid sickness and improve your general well-being, we suggest washing your hands frequently, getting plenty of sleep and reading our Wellness and Nutrition features, where you'll catch up on the latest medical and diet advice, decoded for rapid consumption.

Looking tired and sloppy won't get you far in your career or social life. Flip to Looks for tips on polishing your appearance.

Meanwhile, our beloved advice columnist, Dr. Andrea Bonior, moves to Fit, with a new illustration by local artist Eric Reece. Watch these pages for even more regular features in coming weeks. And who knows? As our body of work expands, maybe your own body will shrink. –THE EDITORS

PRODUCTS

GuineaPig

Coffee by Any Other Name ...

IT TAKES SOME COJONES TO emblazon the words "reduce hunger" on a product containing 260 calories. And to put a latte in a vaguely Red Bull-ish can and call it an energy drink. Frappio's magic ingredient (besides espresso) is ashwangandha, an herbal extract Frappio's makers swear will lower levels of the stress hormone cortisol and "reduce stress-related hunger cravings for up to 4 hours." But caffeine can increase cortisol! And sugar increases cravings for more sugar! Were we about to glug the world's first zero-sum energy beverage? We downed a can on production day for this new section — highly stressful, yet demanding of energy. Virtually unendurable levels of anxiety: No change. Hunger: Showed up when it usually does — lunchtime. Energy: Up, in a manner consistent with espresso consumption. Taste: Like a latte at room temperature. Frappio: Just coffee in a can.

HOLLY J. MORRIS (EXPRESS)

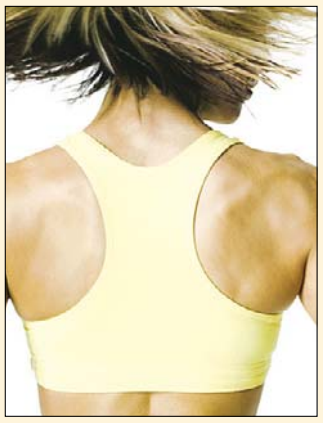
VITALSTATS

138

THE NUMBER OF BACTERIA IN A TEASPOON OF TAP WATER. A TEASPOON OF WHIRLPOOL TUB WATER CONTAINS 2 MILLION BACTERIA.

fit | Phys Ed

PRODUCTS
GearHead



How to Choose A Sports Bra

THE SPORTS BRA has come a long way from the prototype "jog-bra" fashioned out of two jock-straps in 1977. But finding the right one can still be tricky, especially for the large-breasted. "You need to get the right size, not the size you were five years ago," advised Maryland-based personal trainer Nancy Karabaic. Although it may be easier to grab something off the rack and run, trying bras on is key to gauge efficacy (try jumping) and make sure the seams won't chafe. Smaller-chested gals will be happy in compression models, which squish breasts flat, while the amply endowed may need an encapsulation bra — the kind that separates the breasts — to do the trick. Karabaic swears by Title Nine products (title9sports.com), which include bras from the Chantilly company Moving Comfort. Options range from flirty styles to heavy-duty, no-bounce specimens to nursing sports bras. Don't forget that even the best bra loosens in time. Once the fabric stretches, which will take about a year, ditch it. V.H.

VITALSTATS

4

THE AGE AT WHICH SWEDEN WILL START SCREENING CHILDREN FOR WEIGHT PROBLEMS IN ORDER TO TACKLE ITS OBESITY EPIDEMIC

Give Pounds the Boot

Intensive local workout programs are reeling in fitness seekers

When her alarm went off at 5 a.m. last Monday, Kristen Rowe shimmied into spandex shorts and a T-shirt and dragged herself to Jefferson Junior High School in Southwest, where she ran around the gymnasium, jumped rope and lifted weights.

"This is torture for me right now," she said, as she flapped her arms up and down during a set of "hummingbirds" at the first meeting of the new D.C. location of Adventure Boot Camp. But an hour later, as she walked out of the gym, she turned to the friend who had convinced her to sign up, and declared, "I feel really good."

Waking up at the crack of dawn to squeeze in some cardio isn't most people's idea of a good time, but do it in a consistent program branded a "boot camp," and suddenly, it's all the rage. "The group exercise thing is making a big comeback. People want that camaraderie," said Rodney Montgomery, founder of Studio Fitness by Fitness Techniques, which offers an after-work program to rescue non-morning people. Bootcampers don't just crave kicks in the butt to get used to exercising regularly, they dig its affordability. Instead of pricey personal training, the going rate for group boot camp is about $15 per hour.

FLOW YOGA

Blissful Bootcamp at Flow Yoga Center takes advantage of the great outdoors.

Although the name may conjure images of a camo-clad man screaming insults and commanding extra sets of push-ups, that's not what these exercise programs are about — except for maybe the extra push ups. "The dynamic is encouraging and supportive. Every day is fun, but they're gonna sweat," said Whitney Minnis of ABC's camp. Intensity varies by program. Some meet every day, while others scale back to three times a week; a few last just one week. The new boot camp at SimplyFit runs for three months, and GI Jane Fitness offers a year-long program (for $3,600).

Most work-outs start with a jog, either outdoors or indoors as weather permits. Elizabeth Greene, who has operated GI Jane on Capitol Hill since 1992, sends her often-obese students past the Marine Barracks to the Navy Yard and back, a 1.5 mile loop that can be daunting. "They have to run, walk or crawl, but they do it and it gets their juices stirred up," she said. Then, they continue to work their muscles through a mix of fitness techniques including using machines like elipticals, pilates, and the kinds of moves you did in high-school gym class.

Fitness levels of the campers can vary, so exercises are usually tailored to be adjustable. "It's individualized so you're just competing with yourself," Montgomery said. Many of the programs also incorporate a nutrition component, with advice on diet as well as exercise.

MICHELLE REPISO/EXPRESS

HAPPY CAMPERS: Trainer Rodney Montgomery keeps a smile on his face as he leads his class in resistance band squats.

> "The dynamic is encouraging and supportive. Every day is fun, but they're going to sweat."

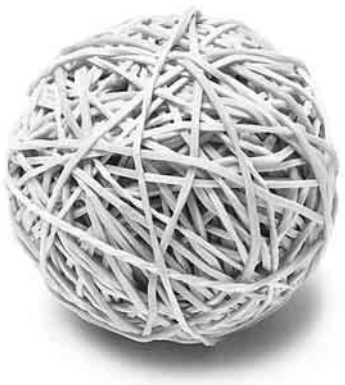
That kind of holistic approach to health appealed to Flow Yoga Center owner Debra Perlson-Mishalove. When she told her husband about her idea for Blissful Bootcamp last year, he joked, "What's it going to be? Drop and give me three oms?" But each of the five-week sessions sold out, and she expects similar results when it starts up again the last week in March. The name may seem like an oxymoron, but Perlson-Mishalove thinks of it as a time for students to recharge while focusing on their happiness. A counselor discusses food goals, like cutting back on sugary treats, and they preface the morning yoga routine with a run. They're encouraged to keep journals and not go to bed at 3 a.m. And each session ends with a restorative pose. "It's lying on your back, relaxing, not doing anything," she said.

So even if it's not quite military-style, it's bound to shape campers up — as long as they can manage not to smack the snooze button.

VICKY HALLETT (EXPRESS)

CAMP IT UP

- **Adventure Boot Camp.** The chain now has a D.C. location. (801 7th St. SW; Mon.-Fri. 6-7 a.m., one month $300; 202-547-0355; dcbootcamp.com)
- **Studio Fitness.** Offers non-morning classes. (300 M St. SW; Tue. and Thu. 5:30-7:30 p.m., 10 classes $210; 202-554-2639; fitnesstechniques.com)
- **SimplyFit.** Brand-new. (1539 7th St. NW; Mon., Wed., Fri., 6:15-7:15 a.m. Sat. 8-9:15 a.m., 12 weeks $700; 202-667-6759, simplyfitdc.com)
- **GI Jane.** Also has a program for kids. (426 8th St. SE; month of three sessions per week $285 ; 202-547-7906; gijanefit.net)
- **Flow Yoga.** The first session of 2006 starts March 26. (1450 P St. NW; Mon.-Fri. 7-8 a.m., $80; 202-462-3569; flowyogacenter.com)



Stretch To Move Freely

The moves may be out of vogue, but are still useful

People who savor an old-fashioned stretch can find themselves limber but lost. A recent study in the Journal of Athletic Training found that pre-exercise stretching doesn't seem to decrease injury and post-exercise stretching doesn't seem to reduce soreness.

Stretching's not useless. But the goal should be, simply, to ensure full range of motion. That means being able to reach a top shelf comfortably and to bend over to pick up a pin. "Most normally active individuals only need to maintain normal range of motion to function at a high level," said Cedric Bryant, chief exercise physiologist for the American Council on Exercise.

Trainers say the trick is to focus on muscles that need extra help. "If you're sitting in a chair all day, there's a good chance your hip flexor needs to be stretched," said Paula Tett, education manager for Sports Club/LA.

Counteracting normal tightness is what stretching seems to do best. Although some fitness centers still offer stretch classes, the moves are more gentle than those of a decade ago.

The beauty of stretching, of course, is that you can do it just about anywhere. So if you're sitting at your desk right now and feel like a good stretch, you probably need it. Just don't go too far.

JANET CROMLEY (LOS ANGELES TIMES)

Think Outside the Box

Pair your punches with elbows and knees for Muay Thai

Just punching is boxing. Just grappling is wrestling. Combine the two with flying knees and elbows and you've got Muay Thai, which some consider to be the supreme martial art.

MICHELLE REPISO/EXPRESS

Muay Thai is what causes so many bloody bang-ups during Ultimate Fighting matches. It's the national sport of Thailand and the weapon of choice for Bruce Lee heir Tony Jaa, star of 2003's "Ong-bak." But full-fledged Muay Thai is illegal in most of the U.S., including the D.C. area. The Yamasaki Academy's Thai Boxing class allows students to learn how to strike effectively while sparring (legally) with well-padded partners of similar skill levels.

Work it Out

Thai Boxing at Yamasaki Academy: Tenley Sport & Health, 4000 Wisconsin Ave. NW, Metro: Tenleytown; Mon. and Wed. 7:30 p.m.-8:30 p.m., Sat. 2 p.m.-3 p.m. $20 for the first three classes, then $125 per month. Classes also offered in Rockville and Richmond. For more info: grappling.com or 240-304-1416.

MOVES: Before you do anything at all throughout the class, even get water, you must put your palms together and bow your head as a sign of respect. Most of the moves come after you partner off and learn how to inflict pain on others. One person gets boxing gloves, another gets pads while you work on your punching. Stand with your left leg forward and your right leg back and to the side, while balling your fists and holding them a thumb's-length away from your eyebrows. Protect your head by sinking your chin into your chest. "Think like a turtle," said instructor Sergio Cabrera. Footwork is fairly simple and intuitive — a lot of pivoting and sliding to get within sparring distance of a partner. At first, you'll work on fists and feet, before moving into the more deadly knee and elbow action.

LINGO: "Clinch" or "plumb" is the stage after punching has gotten you close enough to your partner to grip his or her upper neck between your forearms. "It's like you're slicing your partner's head off," Cabrera offers. It's from this pose that a real Thai boxer would bash someone's skull with a swift knee.

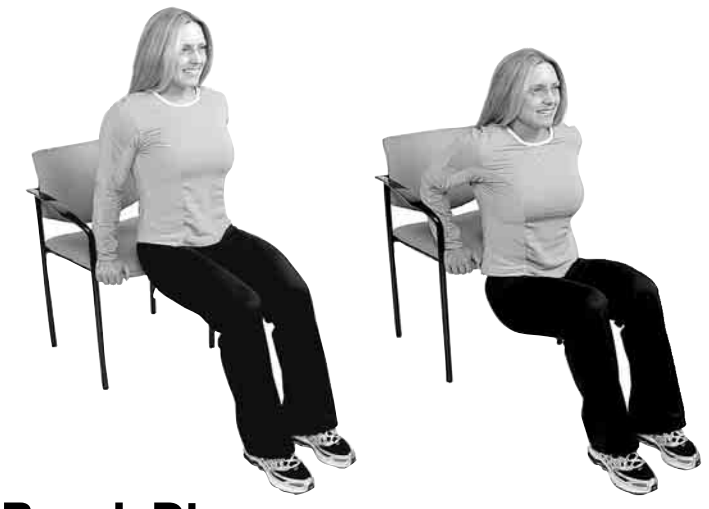
CROWD: Based on the male-dominated crowd, guys seem more into the notion of pummeling opponents than ladies. (But women do attend, said Cabrera). But this isn't Thug Training 101. Fitness is as much of a draw as the ass-kicking, explained student Bilal Faruqui. "I'm not into running and biking," he explained. Faruqui, like his classmates, hasn't used his new skills in the real world.

WORKOUT: Heart rates skyrocket at the beginning of class thanks to runs around the studio, sit-ups and push-ups. Pairing off to practice moves is deceptively easy. After throwing your 100th punch, your arms will blaze and your brow will drip. The next day, it won't just be your muscles that are sore. Although there are pads, slips happen, so be prepared to bruise, or maybe even bleed if your partner messes up.

VICKY HALLETT (EXPRESS)

expressercise

COMMUTE AND CUBICLE CONDITIONING



Bench Dips

WORKS YOUR: Triceps. **PUBLIC EMBARRASSMENT FACTOR:** Medium

- Grip the edge of bus bench, your Metro seat or your office chair. Slide your butt forward so it's suspended in the air.
- Position your elbows directly over your hands and make sure your upper body is straight. Then, bend your elbows 90 degrees. Straighten your arms to return to the original position. Do three sets of 12 to 15 reps to strengthen your upper arms.

Personal trainer Yaz Boyum (yazinc.com) works with clients at Georgetown's Definitions.

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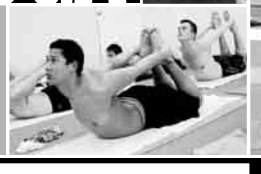

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GETTY CREATIVE IMAGES

Migraine Management

Avoid the big headache — or shorten its reign when it strikes

Referring to a migraine as a headache is like saying the Grand Canyon is a large hole. While a run-of-the-mill headache can make your head spin, migraines can make you feel like Linda Blair in "The Exorcist."

The onset of a migraine is not like the creeping pain of the "classic" tension headache. About 20 minutes before it starts, a migraine can cause flashes of light, blind spots, dizziness, and numbness on one side of the body. Although the exact cause is unknown, evidence suggests that these one-sided headaches have something to do with the blood vessels in your head. Triggers also include certain foods, stress, light, and even odors.

These no-nonsense techniques that may offer some relief:

SLEEP IT OFF: "Generally, the best treatment for a migraine is to sleep," says Dr. Glen Solomon, a headache specialist at the Cleveland Clinic Foundation. "Relief comes from falling asleep — even for a short time." But napping can trigger other types of headaches. If you're susceptible to non-migraine headaches, stick to a regular sleeping schedule.

SAY NO TO NUTRASWEET: Aspartame can trigger migraines or make them worse. "Various studies have implicated NutraSweet but not other artificial sweeteners," said Dr. Fred Sheftell, director of the New England Center for Headache.

TAKE TIME TO RELAX: "Most migraines occur on weekends or while people are on vacation, and I think it may have to do with a reduction of stress," said Solomon. "When the body's stressed, it produces adrenaline, and adrenaline protects blood vessels against migraines. When you relax and don't have this adrenaline protection, you're more prone to an attack.

"I suggest practicing some sort of relaxation technique to slowly unwind — exercise, listening to music, whatever helps you relax — rather than just leaving work Friday afternoon and hitting the bar."

MUNCH ON MAGNESIUM: Research by Dr. K. Michael Welch, a neurologist at Henry Ford Health Sciences Center, suggests that migraine sufferers may have a shortage of magnesium in their brains. Good sources of this mineral include dark green, leafy vegetables, fruits and nuts.

WATCH WHAT YOU EAT: About 10 to 15 percent of people plagued by migraines are food-sensitive, which means that some foods or drinks can trigger a migraine, said Solomon. "There are certain foods that we know are triggers — chocolate, red wine and other items containing the animo acid tyramine. Also, foods cooked with MSG (monosodium glutamate) can trigger attacks."

Migraine severity decreases as cardiovascular fitness increases.

ICE YOUR HEAD: You have a 50-50 chance of getting some pain relief within three minutes of applying an ice pack to your head, said Dr. Lawrence Robbins, an assistant professor of neurology at the University of Illinois College of Medicine. Ice constricts blood vessels, returning them to normal size.

BE AEROBICALLY INCLINED: Research suggests that cardiovascular fitness may help lessen migraines. Research psychologists at Carleton University in Ottawa, Ontario, report that the severity of migraines decreases as cardiovascular fitness increases.

DON'T POP THE PILL: If you're a migraine-prone woman who takes birth control pills, you might want to consider discontinuing them. One in three women with migraines has increased attacks when she takes oral contraceptives.

SID KIRCHHEIMER (PREVENTION)

hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you feel nauseated? Are you vomiting? Do you urinate frequently, and are you excessively thirsty? How about itching? And are you showing symptoms of anorexia? **YOU MIGHT HAVE VITAMIN D TOXICITY.** Vitamin D's a good guy, of course — he helps the body suck up calcium, thus promoting healthy bones, which is why D is added to milk. And your body makes D when exposed to ultraviolet light (aka the sun). If people have too much vitamin D, it's usually because they've been downing way too many megavitamins or are being treated for problems with calcium absorption.

SOURCES: MERCK MANUAL, MEDLINE PLUS. THIS ITEM IS NOT A SUBSTITUTE FOR MEDICAL CARE.

STUDIES

Stethoscope

Working Out Your Bod Can Help You in Bed

Maybe Bob Dole should forget about Viagra. All guys with erectile dysfunction may need to get their juices flowing again is a few laps around the track and a diet makeover. A study at the Johns Hopkins School of Public Health found that "couch potatoes" are much more likely than their active counterparts to develop erectile issues. The study indicated that 18 million American men suffer from ED, including 5 percent of men ages 20 to 40, and 70 percent of men over the age of 70.

Domestic Spats Affect Matters of the Heart

How spouses spar can cause a broken heart — literally. A University of Utah study found that women who were hostile during arguments were more at risk for coronary atherosclerosis (the hardening of the arteries of the heart), especially if their hubbies were hostile too. Male hostility was unrelated, but guys, you're not home free. Men who are controlling often clog up their coronary arteries.

Don't Mix Large Dogs And Little Children

From the Annals of Duh: A study from the Department of Pediatric Surgery at the Medical University of Graz in Austria found that young children are often bitten by dogs. Parents might want to wait to buy a dog until their children are 5 or 6 years old, the study discovered. And even then, Doberman pinschers and German shepards can still be dangerous to wee ones.

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Slippery and Wet

Are the claims of 'enhanced waters' for real?

The aqua-chic want more than fancy bottled water. Their water must be enhanced — with herbs, chemicals, even supposed twists on the inherent structure of H20. Alluring new brands, fortified with nutrients, caffeine, fiber and ever more exotic extras, are building on a following created by their now-pedestrian cousins, those waters spiked merely with fruit or a few vitamins.

Not all of the products look like water. They can be pink, yellow, green or blue. They don't always taste like water — they may be flavored with cherimoya, pomegranate, sugar or herbs. Unlike "dead water," as it is sometimes called by enhanced-water marketers, these beverages often contain calories.

For all the hype, experts say most of these waters don't do much more than plain old water. They hydrate, they refresh — and that's about it.

"If they have vitamins added, clearly they have things regular water wouldn't contain," said Susan Bowerman, assistant director of the UCLA Center for Human Nutrition. "The question is, is this the best way to get your vitamins?"

When you eat a whole food, Bowerman said, you get more than the vitamins. You also get minerals, fiber and, most important, phytonutrients — compounds in plant foods that give them their health benefits.

Vitamin-enhanced waters may benefit people who don't like taking pills.

She said she is not aware of any water that contains the equivalent of a multivitamin, and says in fact that would be unlikely because some vitamins are not water soluble. If the water did have the equivalent of a multivitamin, she said, it probably wouldn't taste very good.

She is also skeptical of the effects of the so-called weight loss waters, some of which contain Garcinia cambogia, an Asian fruit. Current research on humans does not seem to indicate that hydroxycitric acid, the key component in G cambogia, has any effect on obesity.

However, though getting vitamins through water is an expensive alternative — at up to $2.50 a bottle — it probably can't hurt, she said. The waters may actually benefit people who don't like swallowing pills, she said.

Nutritionists and chemists dismiss waters that claim to have chemically different structures from plain H20. These so-called oxygenated, structured, clustered, unclustered and vitalized waters purport to raise energy levels, reverse aging, remove stress or, make water "thinner and wetter."

"It's snake oil," said Stephen Lower, a retired chemistry professor from Simon Fraser University in Vancouver, Canada, who runs a Web site on "water-related pseudoscience, fantasy and quackery" (chem1.com/CQ). "There is no evidence that you can change the structure of water," he said.

H2 WHOA: Enhanced waters like these promise to make you thinner, healthier, prettier and probably even happier.

H20 CLAIMS

- Skinny Water and Woman on Top's Slimmer You H2O contain appetite suppressants.
- Penta and HiOsilver Oxygen Water are "structured" and "oxygenated" to help hydrate better.
- Smartwater, Vitaminwater and Propel contain electrolytes, vitamins or minerals, to help energize, immunize and rejuvenate.

Whatever the case, enhanced waters certainly look cool. "People don't want to walk around with a supermarket-brand water bottle." Michael Mascha, publisher of the Web site Finewaters, said, "I'm not sure if this is the best delivery mechanism [for vitamins] or the best cost-benefit, but enhanced waters look so nice, you almost cannot resist buying them."

The abundance of the new offerings could leave some consumers longing for a choice like "Neau," a clear plastic bottle with a simple logo — and no water. It can be filled with tap water and used over and over. The product is sold in the Netherlands by a Dutch foundation. HILARY E. MACGREGOR (LOS ANGELES TIMES)

Build a Better Moon Pie

■ Whoopie Pies, makes 16

PREP TIME: 10 minutes, Cooking Time: 5 minutes
INGREDIENTS: 1 cup unbleached or all-purpose flour; 1/4 cup unsweetened cocoa powder; 1/2 cup 1 percent milk; 1 teaspoon baking soda; 1 egg white; 3/4 cup marshmallow creme; 1/4 teaspoon salt; 1/2 cup sugar; 1/4 cup butter
GETTING STARTED: Preheat oven to 425 degrees F. In a medium bowl, combine flour, cocoa powder, baking soda, and salt. In a large bowl, combine sugar, butter, and egg white. With electric mixer on medium speed, beat for 2 minutes, or until fluffy. Stir in flour mixture, then milk, until just blended. Drop dough by rounded tablespoons onto large, ungreased baking sheets to make 32 cookies. Bake for 5 minutes, or until tops spring back when lightly touched. Place baking sheets on a rack to cool completely. Spoon 2 teaspoons marshmallow on the bottoms of 16 of the cookies. Top with remaining cookies. (PREVENTION)

PER PIE: 97 calories, 2g protein, 16g carbs, 3g fat, 10mg cholesterol, 160 mg sodium, 1 g fiber

THE EXPERTS

ChewOnThis

Peanut Nutter

Q I have a slight addiction to peanuts and (shame!) peanut butter. How much is too much? I have a feeling that, no matter what the answer, I'm in violation.

FIRST, LET ME ASSURE YOU that you're not alone with your addictive feelings about peanuts and peanut butter. Second, you may be surprised to hear that nutrition scientists now give top ratings to those foods, since studies show they can lower cholesterol levels and (gasp!) help you lose weight.

But before you grab the jar of Jif, remember that portion control is key. There are about 90 calories in a tablespoon of peanut butter and about 160 calories in one serving of peanuts, which equals a small handful. Still, these favorite foods are filled with nutrients like fiber, folate, vitamin E and protein, as well as "good" unsaturated fats (the ones that lower cholesterol). Snacking on peanuts and peanut butter can help with weight loss because they make you feel fuller and more satisfied than eating a carbohydrate snack such as rice cakes or pretzels.

To quell your cravings, try including a small amount of peanuts or peanut butter into your daily diet. Smear a little peanut butter on some whole grain crackers or celery sticks, or sprinkle chopped peanuts over fruit salad for a crunchy, calorie-controlled snack.

Kristen Ciuba, MS, is the nutritionist at Results the Gym in D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com.

Nutrition | fit

Little. Yellow. Different.

The Indian spice turmeric could be more than just tasty

An old Indian folk song praises turmeric, the golden spice from the East, for its power to bring beauty, good health and good luck to those who use it.

But in Indian medical lore, the pungent, woody-tasting powder is more precious still.

Scientists are taking a closer look at this Asian wonder spice, teasing out active ingredients and testing its age-old medicinal uses in 21st century laboratories. The National Institutes of Health has funded at least eight studies investigating turmeric. The spice and a chemical it contains — curcumin — are being probed for their potential to prevent and treat a broad range of diseases.

Researchers believe the curcumin it contains fights disease partly by shutting down a powerful protein that promotes an abnormal inflammatory response in the body. The spice also has potent antioxidant properties and may even lower cholesterol. Inflammation and oxidative damage are contributors to many diseases, such as Alzheimer's, Parkinson's, arthritis and various cancers, said Gregory Cole, a professor at UCLA who has conducted numerous studies on the spice.

Some clues as to turmeric's clout come from observing patterns of illness among people.

For example, scientists have long noted that Indians have much lower rates of certain cancers than their American counterparts.

Turmeric is also being studied for its ability to help treat Alzheimer's disease. The prevalence of Alzheimer's among adults in India aged 70 to 79 is among the world's lowest. It is 4.4 times less than the rate in the U.S.

Experts caution that all these results are still preliminary. No one knows if turmeric will end up another herbal fad or make a lasting contribution to Western medicine.

HILARY E. MACGREGOR (LOS ANGELES TIMES)

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Do-It-Yourself Mudding

Your friends are your canvas at the Pearl Spa's Blue Grotto

The new Pearl Spa's Blue Grotto is ideal for both spa virgins and those who don't want strangers rubbing stuff on them. Strangers are minimally involved at the self-service Grotto, where you apply your own mud mask, then proceed to steam and shower without outside intervention. No one reprimands you for clogging your pores with Diet Coke, or tries to sell you anything. It's just you and some friends, steaming like little mud-covered clams.

MICHELLE REPISO/EXPRESS

Bliss Out

The Pearl, 8171 Maple Lawn Blvd. Suite 100, Fulton, Md.; 301-776-6948; thepearlspa.com. Duration: 60 minutes. Price: $120 for two people, $240 for four and $360 for six. A credit card is required to reserve all packages.

PHILOSOPHY: Various muds are used to firm flab, exfoliate skin and suck out toxins. The main objective, however, seems to be having fun while getting dirty, then clean. You and your pals can all mud up, steam down and shower together.

PREP: Swimsuits are recommended but not required. Snuggly robes and massaging sandals are provided in the luxurious locker rooms (think plasma TVs, high-speed Internet and free snacks). Lockers have a high-tech system that enables you to set your own four-digit code.

PROCEDURE: Game-for-anything husband and I were led into a small, living room-like area. We dropped robe and entered a tiled room, where an assortment of paintbrushes and four different muds awaited. The attendant explained the properties of the muds — anti-aging, detoxifying, moisturizing and stimulating, which ostensibly firms up flab — and left us alone for about 15 minutes to slather it on. Then we stepped into the preheated steam room, and were immediately struck blind. Well, not really, but the thick steam was a bit unnerving, especially when we couldn't see our feet. As we sat on the bench, the muds melted away. After steaming for 20 minutes, we flipped on the overhead "monsoon showers" — three extra-wide showerheads embedded in the ceiling. After an initial cold, unpleasant jolt, we set to scrubbing with exfoliating salts. Finally, we stepped into the shower room, where seven shower heads (one above, and six on the wall aimed at your body) took off the rest of the mud.

The objective: Have fun while getting dirty, then clean again.

OUTCOME: There's something wonderfully immature about slapping mud on your beloved. It's even better when said slapping results in smoother skin and a more relaxed attitude. In the Grotto, you can find what a lot of spas are missing — fun.

KRISTEN PAGE-KIRBY (EXPRESS)

THE EXPERTS

SkinDeep

Aquafresh Acne

Q Whenever I get a zit, I put toothpaste on it because that's what my friends taught me in high school. But does that really have any effect?

OLD WIVES' TALES MAY have a grain of truth to them, said Howard University dermatology professor Dr. Sharon Bridgeman-Shah. She used the Crest method in her teen years — though she's not sure if it helped or hurt. While antibacterial properties in certain toothpaste brands could conceivably be beneficial, she suggests sticking to scientifically proven over-the-counter remedies containing benzoyl peroxide or salicylic acid. If that's not working, see a pro, who can comb through your habits to see if you're exacerbating the problem with products (like oily hair goops) and medicines (some could interfere with hormones to incite acne).

Neutrogena Mineral Sheers ($12)

THE VERDICT: Our second-favorite. Free of talc, oil and fragrance, the purse-perfect powder (the brush and makeup are handily encased in a spill-proof package) offers sheer coverage and a more even complexion — good for making it look like you're not wearing anything at all. The mysterious "extra soft and blendable minerals" add a hint of glimmer.

4score

Foundations for spring do more than just makeup

Urban Decay Surreal Skin Mineral Makeup ($28)

THE VERDICT: Surreal Skin gives fuller coverage and a more matte finish than the similar Neutrogena Mineral Sheers. It, too, contains no talc, oil or fragrance. It also contains titanium dioxide, a natural sunscreen. The stuff held up admirably in the long-wearing competition, but couldn't cope with dry skin; it tended to accentuate any flaking. You put it on with a stubborn puff applicator, and the feeling of bonking yourself in the face is rather odd.

Elizabeth Arden Ceramide Plump Perfect ($40)

THE VERDICT: The most impressive newcomer is Elizabeth Arden's Ceramide Plump Perfect makeup ($40). In addition to an SPF of 15, the smooth, blendable foundation boasts antioxidants and vitamins A, C and E. The formula feels and looks light on skin, but is dense enough to hide most imperfections; in fact, we found that a separate concealer wasn't necessary in most cases. It was especially good on dry skin, smoothing over rough patches until they disappeared.

Almay Line Smoothing Compact Makeup ($15)

THE VERDICT: Almay's Line Smoothing Compact Makeup offered fake-looking coverage that slid off at the first sign of sweat — not a good thing with the spring thaw just around the bend. The packaging says the formula combats "water loss" with hydrating ingredients such as cucumber, thereby fighting fine lines and wrinkles. We think they're using either bacon grease or baby oil.

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